Science of Being:27 Lessons

By Eugene Fersen
Copyright 1927

Lessons 10-18

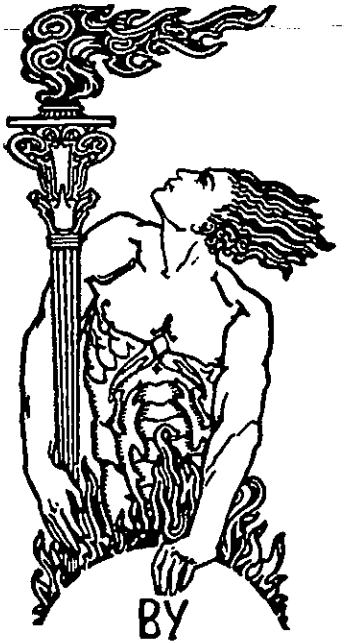
Mind

http://www.scienceofbeingsecrets.com

LESSON TEN

"KNOW THYSELF AND THOU SHALT KNOW ALL"

SCIENCE OF BEING



BY

EUGENE FERSEN

COPYRIGHT 1927
By Eugene Fersen

ALL RIGHTS RESERVED

PRINTED IN THE U. S. A

SCIENCE  *of* BEING

ANSWERS TO LESSON NINE

1. Health is:
 The efficient outward manifestation through the body of harmonious inner activities.
2. Health is related to the progress of humanity:
 In that, as Humanity is the sum of the individuals comprising it, the vigor and progress of a Race or Nation as a whole depends directly on the vigor and progress of every one of its members.
3. The keystone of Health is:
 A balanced development of all faculties.
4. The specific bodily condition to which most physical troubles are due is:
 Congestion, local or general.
5. These troubles can be eliminated:
 By dispelling through the use of Universal Life Energy the congestion which causes them.
6. Will Power:
 Should not be used in that elimination, since will power necessitates a tense effort which contracts the channels for contacting Universal Life Energy.
7. Magnetic Chemicalization is:
 The expulsion to the surface of an inner unhealthy condition, resulting in an intensified expression of the trouble for the time being.

Copyright 1927
(Eugene Fersen



8. Old Age is:
 The encroachment on the body tissues of inside and outside disintegrating influences.
9. The kinds of causes for Old Age are:
 1. Mental, such as fear, worry, hatred, jealousy and all other negative thoughts and emotions.
 2. Physical, such as overwork, malnutrition, abuses and unfavorable environment.
10. The fundamental cause to which all others can be traced is:
 Fear.
11. Old Age is restricted:
 To the physical part of our triune nature.
12. Old Age can be overcome:
 By consciously restoring the free contact with Universal Life Energy and thereby developing a fresh, wholesome and evenly balanced instrument for the expression of the qualities of the individual, particularly Youth.

Dear Friend:

In this Lesson you step from the Physical to the Mental Plane, where you will view the still greater wonders wrought by the use of Universal Life Energy in the limitless realm of Mind.



The creative part of our nature resides in Mind. Therefore in Mind are struck out first the lines of our respectice lives. Whether those lines will be broad and daring in scope, firm in execution on the plane of our physical existence, ambitious in extent, depends upon how well we coordinate them with material fact through the use of Universal Life Energy. The dreamer sees far, yet the dreamer is useless unless united with the doer. In Imagination is charted first the road that creeps persistently onward into the Unknown: but the Builder of that road is the one who actually thrusts back the bounds of our limited understanding and leads us into broader fields of Progress and Achievement. We must be both Dreamer and **Builder.**

The Science of Mind is a great Science, breath-taking in the horizonless vistas which it opens to those who even venture along its edge. It supplies a Knowledge by which you can bridge the gulf of human limitations separating you from your desires. It provides a Power which, when properly used, constructs this bridge and brings you across it to that independence of thought and vigor of action which are the dominant qualities of a Master Mind.

Cordially yours,



SCIENCE  *of* BEING

LESSON TEN

MIND endows you with that sublime power not only to think and to know, but what is still more valuable, to be conscious of through Reason. You are conscious of your own existence and of all that is around you through the mental part of your being; thus Mind is the foundation of your active life on the Physical Plane, as well as the adjusting medium which determines your relations to the world in which you move. Therefore in order to make Mind serve you to the best advantage, it is first necessary to have a clear understanding of its nature, functions and method of expression through your body.

Mind is not produced from within the individual. On the contrary, the individual is produced by Mind. You are born simply with the faculty to think—that is, to transmit Mind currents—just as a lens has the faculty to transmit sunlight. Only Mind, the medium through which Soul manifests itself, creates its own lens for its expression on a lower plane, and that lens is your physical body.

The actual mental self behind that physical expression is but a single ray from one common independent Source, a basic Power which is one of the Aspects of Universal Life Energy and which is called Universal Intelligence, or Infinite Mind. This Infinite Intelligence contains all knowledge, all activities, all possibilities pertaining to



Mind, harmoniously blended into One just as all the colors of the spectrum are blended into the one white light of the sun.

Like a central mental sun also it sends forth an infinite number of individual rays, or minds, each of which partakes of all the qualities of its Source; and these individual rays, passing through us into expression on the plane of our mental existence, are what we know as our human minds.

As Universal Intelligence has for its fundamental principle complete Unity, its expression in Cosmic Consciousness is based on complete Unity also. Our human minds, proceeding from Universal Intelligence, originally possessed that individual Unity. But now, in our present state of consciousness, where everything appears to us in a threefold aspect, the single undifferentiated ray of our mind also enters our perception split into three distinct parts, known to us respectively as Superconsciousness, Consciousness or Self-consciousness, and Subconsciousness.

Superconsciousness, the unbroken ray connecting us with Universal Intelligence, has in the brain, like every mental quality, a particular organ through which it expresses itself. This organ, the physical counterpart of Superconsciousness, is located near the base of the brain and is called the Pineal Gland.



Messages received through the Pineal Gland are of a rare and perfect nature. They are known as "Inspiration," and are conveyed directly to our consciousness without having to go through the mechanical process of reasoning. If we could register all these Inspirational Messages consciously, our Unity with Universal Intelligence would be re-established and we could then dispense entirely with reasoning. We would be omniscient. Yet because of the disturbed condition, or coarseness, of the second part of our mental trinity, we are unable to do this.

Selfconsciousness, the second of our three mental conditions, is the faculty we possess of being conscious of our own existence. It is to us what the electric light bulb is to an electrical circuit—the point where the invisible currents poured into it from our other mental states glow into visible being, illumining for us the world in which we live. Because of it we are able to say, "I am conscious of myself, therefore I know that I am." Thus it is the seat of our most precious and brilliant mental quality, the one which enables us not only to reason logically, but to be also aware of that process of reasoning, and which we call the Reason, or Rational Mind.

Also, in Selfconsciousness resides the power by which we bring that light of Reason into clear focus and hold it steadily to the purpose toward which it tends. This



power we term the Will and it, together with the Rational Mind which it sustains and directs, is one of our most valuable mental assets.

Selfconsciousness has also in the brain its own physical organ for expression, comparable to the filament in the light mentioned above. This organ, called the Pituitary Body, or Telepathic Apparatus, is located at the front of the brain, and its function is to send out and receive mental vibrations in the form commonly called thoughts. It is what enables us to communicate telepathically with our fellow beings and also very frequently to "sense" impending conditions before they actually enter rational perception.

Subconsciousness, the third member of our Triune mental nature, is the vast mental field where all thoughts, good and evil, are planted and flourish side by side until they ripen to the day of mental harvest, which is our consciousness of their actual existence. All acquired knowledge, all vagaries of thought or fancy, all things that once enter even remotely into our experience, sink into the fertile ground of this great farm of our mind, there to grow intermingled, like the wheat and the tares, till the time when they can be assorted and disposed of according to their natures. Upon the care with which this assorting is done depends primarily the quality of the crop, or record



of the conscious, active life of accomplishment and endeavor of each of us.

The physical organ of Subsconsciousness is the back part of our brain and the Solar Plexus, sometimes referred to as the Abdominal Brain. The two are directly connected through the Spinal Cord, and they communicate with our Conscious Self by the process called Memory. As all impressions are stored in the Subconsciousness, it becomes in a way a Hall of Records from which almost any desired information can be obtained through the proper exercise of this Memory process.

Mind as a whole, therefore, while it is intimately connected with the brain, is not actually in it. Your brain is but the physical outgrowth, the embodiment in material flesh, of the activities of your mind; yet your mind itself is an aspect of that highest part of your triune nature, called the Soul. Each quality of the Soul, acting through Mind, constructs its own physical organ through which to find expression on the Physical Plane; all those organs together constitute the body, or outlined activities of the entire Soul; the brain, that infinitely complex and delicate instrument, with its various lobes and centers, its thousands of convolutions and millions of cells, is the wonderful unit which your Mind has built among that as-



sortment of specialized units for the expression of its own activities alone.

Yet ideas, originating first in Mind, require a definite working power to carry them into expression through this material brain. Such power Universal Life Energy supplies in the purely physical form of the life force of your body. That life force, flowing from its storage place in the Solar Plexus, through the spinal cord to the brain, causes it to function much as steam or electricity causes an engine to function. Only in the brain each center is like a tiny separate engine, to which the driving power must be distributed in proportion to its need or capacity to use it.

There is another difference, also. The life current, besides driving the engine, in addition acts as the vehicle which carries to that engine what is to pass through it. Ideas which Mind wishes to deliver to our Consciousness are impressed, as it were, into the vibratory current of life force, and are then borne by it into conscious expression through the various centers best adapted for giving passage to them.

Which centers these are is determined by the rate of vibration peculiar to each different idea. Just as the vibrations of a single note on a musical instrument may be caught up and transmitted by any material object that



happens to be in tune with it, so every individual idea arouses a sympathetic response from the proper channel for its transmission in the brain.

Once ideas are thus attracted to their respective brain centers, they are there transformed into the corresponding mental currents and sent in that new form through the brain nerves to the common focal point from which eventually they must all emerge. This focal point, the organ of our Selfconsciousness, is called the Pituitary Body or Telepathic Apparatus, and is situated in the front part of the brain, back of the root of the nose, securely encased in a bony socket of its own — a skull within a skull.

The Pituitary Body is at once one of the most fascinating, important and perhaps least known units of our physical equipment. It is one of the ductless glands mentioned in the previous Lesson, and few if any of our organs are so carefully fortified against accident or injury. There is good reason for this, as any injury to it means certain death.

Some of its functions, which are many and varied, were known thousands of years ago to the ancients, who called it the "Third Eye," the "Eye of Siva" (Mind), or the "Bump of Wisdom." That knowledge, practically lost in the passage of centuries, has only lately been re-dis-



covered by Science, and is now brought forward as the most recent and valuable contribution to the comparatively new Science of Mind.

The Pituitary Body consists of two lobes, an anterior or frontal lobe and a posterior or back lobe. Each of these lobes has its own special field of activity with respect to your physical body, as well as its cooperative work on the Mental Plane. In its physical department the anterior lobe, for instance, small as it is, governs the bony growth of the body, while the larger posterior lobe determines how finely organized that body may be. Those who have the anterior lobe better developed are generally very robust and hearty, while those who have the posterior lobe better developed are of a more delicate and sensitive nature, both physically and mentally.

Another physical activity of the Pituitary Body is to condense the pure vibratory life current flowing into it from the spinal cord into a fluid secretion which it sends directly into the blood stream. This fluid, circulating through the brain, stimulates and regulates its functioning. Because of this the Pituitary Body is often called the Key of Intelligence, as its proper activity determines the ability of the brain to do mental work.

Mentally, the function of the Pituitary Body is to receive and project mental vibrations, commonly called



thoughts. It is the Telepathic Apparatus through which the mental vibrations sent to it from the brain centers pass out of your body. That is, it exactly repeats, on a lower octave which is within the scope of our understanding, the quick theme of ideas which is being continually improvised on the loftier scale of Mind.

The operation of the Pituitary Body in this double role as the Open Door through which all mental vibrations from within pass out, and all mental vibrations from outside come in, makes every human being the most wonderful Mental Radio that can be conceived. There is no mechanical device, even in this era of electrical marvels, that remotely compares with your own natural apparatus, for there is no mechanical device that can ever approach the power, sensitiveness and diversity of the living Human Radio. Yet in order to bring out that potential effectiveness within, the individual must conform to certain Natural Laws which govern mental vibrations, like all others.

As explained previously, the mental current, conveyed through the brain nerves to the PITUITARY BODY, is projected from it into space as mental vibrations, or thoughts. These thought vibrations, proceeding in obedience to distinct Physical Laws, spread outward from their source in all directions, exactly like light, sound, heat or any other vibrations. Therefore naturally, the further



they go the weaker they become, losing power in direct ratio to the distance they have to travel. This loss of power by ordinary thought vibrations is why they are so difficult to transmit at long range. When they reach their objective, the Telepathic Apparatus of the one who is to receive them, they are too feeble and diffused to make a perceptible impression.

Yet by taking intelligent advantage of those same Physical Laws which govern all vibrations this difficulty can be overcome. Thought vibrations can be concentrated into a single ray and directed at will, just as light or sound vibrations con be concentrated and focussed.

For instance, in order to project light vibrations at a distance, all that is necessary is to place behind the light a reflector to throw all the rays forward, and in front of it a lens to gather those reflected rays together. Thus all the power of the light will be concentrated at one point, and can be turned in any direction desired.

Precisely the same method is to be used to direct mental vibrations, with the sole difference that, instead of mechanical devices, the physical apparatus, or Mental Radio of the individual, is to be employed in the capacity of reflector and lens.

Through will power the function of the Pituitary Body, or Telepathic Apparatus, can be modified and em-



phasized as follows: Its back lobe can be made to act as a reflector for the projected thought vibrations, and the front lobe can be made to serve as a lens which will concentrate in one point the vibrations already collected and directed through it by that reflector. In this way the summum of power and efficiency can be obtained from a thought, not by abusing the uses of Telepathic Apparatus, but by accentuating the purpose for which its structural design adapts it.

The exercise of the will to focus thought vibrations in this manner is called Concentration. Obviously those who have learned how to perform that Concentration have acquired a power which amounts to mental mastery, for they can then consciously reinforce and direct their thought in a way that will make it efficient to the highest degree. Yet in order to attain that desirable result, it is necessary to develop one other faculty without which successful Concentration is impossible, namely—Attention.

Attention is the ability to take accurate mental note of whatever comes within range of your perception. It means to have the Mind arrested and drawn by immediate interest to anything it may contact, either directly or through the medium of the senses. The more attentive you can be in general to the world about you, the more alert you are to perceive and appraise things exactly, while



the more attentive you can be to your own present concern in particular, the more power you are able to pour into that to the exclusion of all else.

When the lines of our attention are dimmed and blurred, every irrelevant thing constitutes a leak which drains away a certain amount of the energy that ought to go into the matter in hand. But when those lines are sharp and cleanly cut, everything promptly stands out in clear relief. Such Attention, applied to one thing, focusses all our energies on that thing instead of letting it seep away in a thousand different and unrelated directions.

Thus Attention is really the factor which determines how much power we are able to put into the projected thought, Our Will, through which we adjust our Telepathic Apparatus, works effectively only in proportion as interest holds our attention to what we wish to do. It is "geared" to Attention, so to say, and will enable us to produce a strong, concentrated ray of mental vibrations only as our attention itself is strong and concentrated.

Therefore each step in that procession leading up to efficient Mental Radio is dependent on its predecessor, and a flaw in one will continue through all the rest until it emerges in the final result. So in order to enable you to control your thought vibrations completely, the Exer-



cises for this Lesson will be for the development of the faculties which will give you that control, and which are called CONCENTRATION and ATTENTION.

EXERCISES

The Exercises you learned in Part One of this Course have been designed to serve as the foundation for other Exercises of a more specialized nature. Therefore continue as before with the Star Exercise morning and evening, Relaxation, Silence, and the Mental Contact with Universal Life Energy. To these you will add this week two new Exercises, the first of the mental group, called ATTENTION and CONCENTRATION.

ATTENTION is developed by arousing and putting in order all your perceptive faculties. Everything about you holds its message, has a special significance with relation to other things or to yourself. In the measure that you are alert to fathom that message you will take an interest in the thing, and the more interest you take the more attentive you will be.

Try always to get a quick but complete understanding of whatever you may encounter through any of your senses. Determine in a few moments, if possible, its form, size, color and general appearance, and then, penetrating deeper, try to discover what it stands for.



The more you practice this, the more sensitive you will become to the deeper meanings of things that before were meaningless. You will perceive and take advantage of opportunities which present themselves in your life, because you will be able to see just where otherwise insignificant events are leading. Your mind will be stimulated and clarified, your mental vision sharpened. You will find yourself thinking directly and truly, picking out your objective without hesitation or loss of time, and striking for it confidently. And the reason will be that, by developing Attention, you have made possible the realization of that other priceless quality, the Key to all mental power—CONCENTRATION.

CONCENTRATION demands, in the beginning, at least, complete solitude for its proper performance. Choose a time and place where for ten or fifteen minutes you can remain absolutely undisturbed. There should be no distracting circumstances; the room should be quiet, comfortable, and in a subdued light.

Having established yourself in such favorable conditions, choose a mental concept of some material object of a pleasant nature—for instance, a flower—and concentrate your thoughts on it. You will notice that your mind continually wanders away from that concept of a flower, turning in almost any direction except the one you have



set for it. By an effort of will power you can bring it back time after time, until finally it will stay fixed where you want it.

After you have achieved this much, try to summon up in your mind a strong, clear picture of that flower. Make it so vivid that it becomes real to you, affecting even your sensory nerves with an imagined fragrance. Then it becomes an actuality to you, and when you have done this you can say that you have done good CONCENTRATION WORK.

In choosing some concept for CONCENTRATION practice, select one of a concrete object instead of an abstract one, because it is much easier to concentrate on a thing which is perceptible to the other senses as well as to Mind. Also choose a different object each time, in order that you may develop the mental plasticity in keeping with mental strength.

CONCENTRATION is one of the most difficult and important of all mental exercises, because it requires co-ordinated energy, will power and perseverance in order to produce effective results.

Those three qualities are seldom found properly balanced in one individual; but as Universal Life Energy is the Fundamental Power back of them, you can bring them into the balanced relation necessary by contacting and



using that harmonizing Force. Once they are coordinated and strengthened, CONCENTRATION becomes an easy task which will no longer need complete privacy and special circumstances for its performance. You can then dominate your surroundings instead of being influenced by them, and can focus your thoughts instantaneously at will, under all conditions.

QUESTIONS

1. What and where is Universal Mind?
2. What is Cosmic Consciousness?
3. What is the individual mind?
4. How does the single individual mind express itself?
5. What is Superconsciousness?
6. What is Self-consciousness?
7. What is Subconsciousness?
8. What are the physical organs respectively through which these three aspects of Mind express themselves?

 (1)

 (2)

 (3)



9. Where do ideas originate and how are they conveyed into our Consciousness?

10. What is thought?

 (1)

 (2)

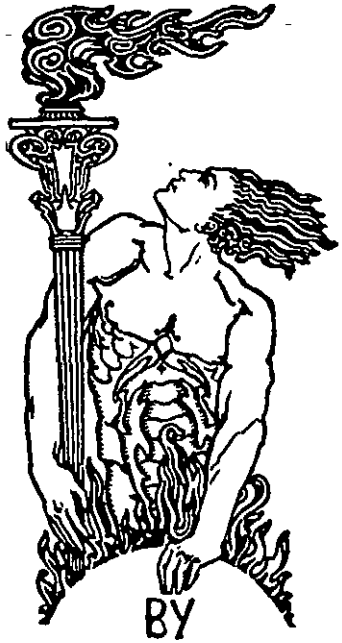
11. What is Attention?

12. What is Mental Concentration?

LESSON ELEVEN

"KNOW THYSELF AND THOU SHALT KNOW ALL"

SCIENCE OF BEING



BY

EUGENE FERSEN

COPYRIGHT 1927
By Eugene Fersen

ALL RIGHTS RESERVED
PRINTED IN THE U. S. A

SCIENCE  *of* BEING

ANSWERS TO LESSON TEN

1. Universal Mind is:
 An Intelligent, Conscious, Creative and Eternal Power, one of the Aspects of Universal Life Energy, and is all pervading.
2. Cosmic Consciousness is:
 The Self Consciousness of Universal Mind Itself.
3. The individual mind is:
 A single one of the countless rays or projections proceeding from Universal Mind.
4. The single individual mind expresses itself:
 In three distinct aspects into which it is broken by our present Triune State of Consciousness, and which are called Superconsciousness, Selfconsciousness and Subconsciousness.
5. Superconsciousness is:
 Our higher mental self, the undifferentiated individual Ray proceeding from Universal Mind and reaching our Conscious Self through Intuition.
6. Selfconsciousness is:
 That aspect of our individual mind through which we perceive, discriminate and live consciously, and which is the seat of our Reason and Will.
7. Subconsciousness is:
 The undiscriminating, retentive and generative part

Copyright 1927
Eugene Fersen



of our mind, in which all impressions are stored and which communicates with Selfconsciousness through Memory.

8. The physical organs respectively through which these three aspects of our mind express themselves are:
 (1) Superconsciousness—the Pineal Gland.
 (2) Selfconsciousness—the Pituitary Body.
 (3) Subconsciousness—the back part of the brain and the Solar Plexus.
9. Ideas:
 Originate in mind, and are conveyed into our Consciousness through the brain centers best attuned to their rates of vibration.
10. Thought is:
 (1) Ordinary — mental vibrations projected into space through the Pituitary Body, but not consciously controlled or directed.
 (2) Concentrated — ordinary thought vibrations focused and directed by a conscious effort of Will.
11. Attention is:
 Sustained alertness and sensibility to all impressions, induced in our Conscious Self by interest.
12. Mental Concentration is:
 Modifying the action of the Pituitary Body by Will



Power so that the ordinary thought vibrations passing through it are gathered together and focused into one point.

Dear Friend:

This Lesson will be to you the rift in that cloud of mystery which has always enveloped the workings of your Subconsciousness. It will open to you a broad vista of all the limitless resources within you, of all the prodigal treasures of human thought and experience there awaiting your command, and behind that still the golden gleam of perfect qualities and powers untainted by the touch of the humanly Conscious Self.

You wlll learn how you are daily sowing the seeds of your own future in the Subconscious fields of your nature, and how the experiences you reap in the course of your Conscious existence are not the whims of some fickle Goddess of Chance, but the inevitable fruit of your own thoughts and activities. You are the creator of your own Destiny, and it is only because you work blindly, with no knowledge of the end you shape, that you subject yourself to errors and misfortunes which prompt you to believe yourself the victim of a Providence that you cannot sway or alter.

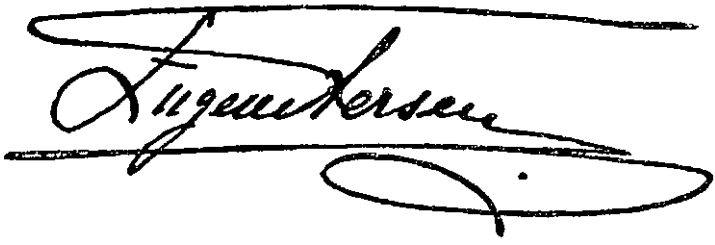
You are the victim of no one but yourself. It is in your power to sow within you the seeds of whatever suc-



cess your ambition may decree, and to realize that Success on the Plane of your Phyical existence.

In these pages will be revealed to you the means whereby you can accomplish this, and by which you will be able, through channels which you yourself will provide, to coin into material fact all that other hidden mental wealth now latent and waiting only the right opportunity to break out into abundant expression in your life.

Cordially yours,



SCIENCE  *of* BEING

LESSON ELEVEN

SUBCONSCIOUSNESS, very often erroneously called the subconscious mind, is a condition that was created by the Conscious Self through the breaking up of the original Mind Ray. It is now that third part of your mental trinity which is, as the name indicates, below the conscious state. Its function is to accept whatever comes into it by way of the Conscious Self and from it to manufacture the substance of most of your rational thought. In addition to this it also acts as a vehicle in which you carry the record of all human thought and experience, from your first ancestor down to his latest representative, yourself.

Most distinctive among the powers of the Subconsciousness is its ability to receive and retain everything that comes to it through the Conscious Self. Anything that once enters the field of your conscious experience, whether from Mind itself or by way of the Physical senses, is deposited in this great catch-basin of your mental nature. Nothing is ever rejected, nothing ever lost. All thoughts, all impressions, good and evil, ugly and beautiful, are accepted impartially and, after having been acted upon by the second of your Subconscious qualities, are laid away as a part of the imperishable record to be handed on by you to your descendants.



The second and most immediately important of the qualities of Subconsciousness, at least so far as your present conscious existence is concerned, is its power to increase thought. This power is called Imagination. Your Subconscious self is not aware of that particular process of thinking, just as the ground is not aware of its activity in making seeds grow, but its abundant productive forces express themselves none the less. Yet these productive forces, while they can increase and propagate to a remarkable degree any mental matter sent down to them, are not able to create that matter themselves. Original thought is a much rarer and more precious commodity, the gift of Inspiration; but Subconscious thought is the less perfect product of something that has been admitted first by the humanly Conscious Self. This product is what ripens back into your perception as conscious rational thought.

The seeds which your Conscious Self admits to this fertile soil of your Subconscious nature are the thoughts and impressions that pass through it in the form of vibrations. You are aware of only a very few of these thought seeds because only those vibrations which proceed from your own mind activity and from your immediate surroundings are strong enough to enter your perception. Yet together with them is the vanishing flash and sparkle



of an immeasurable stream from the whole world of vibrations, momently glowing across the field of your Consciousness and plunging on into the dark night of forgetfulness which separates you from your Subconscious state. Each will take root and flourish, and later will have its influence in your conscious life, but none will be traceable back to any remembrance of their entrance through your Conscious Self.

Your Subconsciousness, therefore, is a distinctly human creation, limited by the bounds of human experience, and possessing a double function with relation to you in particular and to Mankind in general. Through your conscious state it taps the entire world of present human thoughts and activities, as well as your own. and from what it receives in this way it develops the mental matter which you harvest as rational thought. Then it perpetuates this mental growth in exact detail, like ancient forests which are sometimes found perpetuated in the rock strata of their period, and thus adds the pattern both of your own life and of the time in which you live to its preserved record of those countless ages of human existence from which you have emerged.

The interrelation of these two functions of your Subconscious Self, further complicated by the reaction with your Selfconsciousness, makes that part of your mind na-



ture one of the most bewildering, illogical and difficult of all to understand. It is a seemingly hopeless tangle of good and bad, right and wrong, destructive and helpful, sprouting forth without any apparent reason and stubbornly opposed to any direct control.

The fact that good does thus alternate with bad fosters the mistaken belief that Subconsciousness is the fount of all knowledge and is directly connected with Cosmic Consciousness. However, this is not the case.

Cosmic Consciousness is the pure Source of all Perfection, and all Knowledge stored in it is Perfect also. No evil or disharmonious thoughts can ever proceed from It, or from Its direct manifestation, Superconsciousness, because evil has its origin only in that lower part of your mental nature, the humanly Conscious Self. Therefore, whatever knowledge you receive from Superconsciousness through Inspiration is Perfect Knowledge and can be relied on absolutely.

Subconsciousness, on the other hand, while it still possesses latent within it all the perfect qualities of the Superconscious Ray from which your Conscious Self cut it off, is also the receptacle into which Selfconsciousness has emptied all the human evil as well as all the human good of its experience. This superimposed mass of human mental matter, good and bad, all thrown together and silted down



permanently on the floor of your Subconscious state, is what comprises the Subconsciousness you know, and not those perfect and infallible qualities beneath it of which you have had no experience. For this reason your Subconscious self, the imperfect product of human manufacture, has certain limitations and disadvantages.

The most prominent of these is that Subconsciousness does not possess the power of discrimination, as does the Conscious state. It takes in, rears and preserves indiscriminately whatever falls on its surface, just as the ground takes in and rears good and bad seed alike. Therefore wrong thought seeds which are admitted to that Subconscious soil receive the same care and nourishment as the good ones; like the tares among the wheat, they are given an equal growth with it and they ripen to produce wrong thinking in you just as right thought seeds produce right thinking.

That is why any direct control of Subconsciousness is so difficult, because whatever once gets into it will increase and bear fruit and be recorded as a part of the permanent record within you in spite of yourself, as it has always done. Yet from outside and above that range of activity you are still able to exercise a very effective control.

Evil has its origin in the humanly Conscious Self, and



that same humanly .Conscious Self is also able to reject and destroy the very evil to which it is giving birth. The faculty which gives it this authority over its own wrong is the power of discrimination which it possesses. The Conscious Self is able to distinguish between right and wrong, good and bad, constructive and destructive, and to bar from the individual's Subconsciousness what it perceives to be undesirable. Thus evil, which is the perversion of good by that imperfect human member of our mind trinity, is able to gain admission to the Subconscious mental field only through the weakness or negligence of the Conscious Self.

The trouble with this faculty of conscious selection is its limited application. Through it you are able to determine in some measure the nature and direction of your own mortal career, because it enables you to determine the kind of thought seeds that shall be planted to grow out into your conscious rational thought. But all the wrong and destructive matter poured into your Subconsciousness by the Humanity of all preceding ages, preserved and perpetuated there as a part of your legacy from the past, is left untouched and still rebellious under the thin shell of positive thought which you lay down over it.

Therefore, the very ground out of which your own rational thought must grow is really a gigantic graveyard



of all that endless throng of predecessors from whose lost life threads your own is spun. The good and the bad, the right and the wrong, the statesman, adventurer, rogue, genius and thief, all sorts and conditions of men and women with all that went to make them what they were, sleep there in solemn tier upon tier, like mummies under the Egyptian sands. But theirs is an uneasy slumber, for unlike mummies, they refuse to stay decently dead.

When the ghost of one of these departed ancestors walks in our own conscious life, we very often call it an instinct. If it is an unusually good instinct, we are prone to associate it with Inspiration and call it Genius; if it is a bad instinct we are very apt to excuse ourselves on the ground that we are helpless victims of heredity. Neither is exactly true, for before any ghost in the whole interminable collection can rear its head, it must first be roused by our Conscious Self.

The Conscious Self admits the seed whose roots prick that drowning spectre into action. This is not a haphazard process, but one so exactly regulated that each seed seeks unerringly the buried individual in you whose essence renders it most congenial to the elements demanding growth. Through vibration the proper affinity is established, and the evil seed thrusts its tendrils into the soil whose nature makes it most fertile for that particular



brand of evil, just as the constructive seed tends toward the soil which takes its flavor from a correspondingly good individual reposing in it.

Thus all the world of human experience is lying in wait to have its influence in your rational life, and because you do not exercise discrimination it secures opportunities to vent the latent wrong in it as well as the right. You never know which of those wraiths out of the past is going to bubble up in the sap of your mental vegetation and emerge once again into your conscious experience, so you regard your Subconsciousness as an unruly, treacherous, rebellious servant, as indeed it is if you permit it to be. In proportion as you admit to it the elements of perversity and arrogance you resign your authority over it, but the fault is exclusively your own. When you subject it to the firm and intelligent control it needs you will find it only too ready to serve you.

You have, therefore, a double problem to face—first, to prevent more evil from entering into your Subconscious soil and growing out to poison your immediate rational life, and second, to clear away that almost illimitable rubbish heap of wrong and destructive thought which has been imposed upon you by the whole erroneous thinking of all Humanity, from the beginning until now. There are two ways to meet this problem, one limited and pain-



fully inadequate so far as the main solution is concerned, but effective in its application to your present conscious existence, and the other of a scope and power that knows no bounds and admits no failure in any department of the Subconscious field.

The first of these methods, concerning chiefly the quick growth and exchange between Subconsciousness and the Conscious Self, is the positive realization of constructive thought matter and the conscious selection of the mental seeds that shall go to make up the crop of your future rational thought. This realization and selection is exercised with the help of one of your human conscious faculties, the Will, and is therefore as limited, and fallible as that very human attribute is apt to be. Yet used as it is best adapted to be used, for the barring out of negative thoughtvibrations and the larger admission of positive ones, it becomes actually the means whereby you can change the color of your whole present existence and really detetrmine your own Destiny in this life.

The instruments which make this method possible are certain Mental Laws. On the Mental Plane negation of anything means its destruction, while realization of a thing means its creation. Therefore, if you keep yourself mentally alert, through the use of your Will, to stand guard at the door of your Conscious Self and destroy



through negation all the negative thought matter which seeks entrance mingled with the good, you have started a weeding out process which will show results in the crop of positive thoughts to come.

When you have cleared the ground, so to speak, in this way, your real constructive work is to think as many positive thoughts as you can. In the activity of mind, one positive thought is the equal of one negative thought, in the sense that the positive represents a unit of constructive power which can destroy a single unit of negative power. Therefore, for every positive thought which enters your Subconscious field one negative thought is eliminated entirely from it, and in the ratio that more positive than negative thoughts are admitted your conscious harvest will be constructive or feeble.

Yet this process, thrown into tiny relief against the gigantic mass of wrong and destruction heaped down on us by all Mankind through the uncounted centuries of its existence, reveals how utterly hopeless and beyond the remotest possibility of accomplishment the correction of all that evil would be if we had to depend on our own limited human forces. No amount of positive realization that the Conscious Self of any individual could ever be capable of producing would suffice to gnaw away even a perceptible fraction of that ponderous bulk of wrong, for no individ-



ual can hope to combat singly the resistless tide of all the ages of wrong thinking, driven on by the weight of all races and all people whose lives their minutes have measured. Therefore, if you can ever aspire to sift the treasure from that topless mountain of human experience, you need to wield a tool vastly more sure and powerful than any the faltering human mind can provide.

This tool is supplied by Universal Life Energy, whose use constitutes the second and by far more comprehensive method of purifying your Subconscious self. Universal Life Energy is the one saving Ray of Hope for Mankind in that great task, because it is both the one Perfect and Uncorrupted Power to which no Plane of our being can deny admission, and the one whose constructive and harmonizing Force no negative power is able to withstand. It is the stuff of which everything is made, and to which everything must eventually yield, and in its action is as sweeping as our conscious human forces are limited. Where negation destroys one negative thought, Universal Life Energy at a touch explodes millions, and on its larger scale accomplishes for the entire field of Subconsciousness what negation only imperfectly achieves in one small department of it.

Every time you contact Universal Life Energy, you admit It not only to your physical body, but to the Plane



of your Mind as well. There It sinks into and permeates not only the active surface growth and exchange from which your conscious life derives its existence, but also the whole buried field of all preserved thoughts and experiences from which the countless lives of the whole human kind were once made up. Nothing is immune to Its healing touch, and nothing negative is able to escape or withstand the constructive power of Its flow. Just as It corrects and eliminates imperfections on the Physical Plane, so It wipes out on the Mental Plane the flaws of which they are most frequently the reflection.

The organ of your Subconsciousness, as explained in the Tenth Lesson, is the back part of your brain and the Solar Plexus, or Abdominal Brain. That is the seat in you of the Subconscious mind condition which effervesces into the matter of your rational thought, and which holds in its depths all the immeasurable ill and good, the positive and the destructive, the woe and joy and hate and love that has been ground out as the fabric of conscious human life during all the ages of mortal existence. From that sodden mountain you must let the cleansing current of Life Force wash clear the veined gold of positive thought that laces its sombre mass, and by so doing you will not only benefit yourself, but will help Mankind a little nearer to the realization of what its problem is to realize in this



human phase of its evolution—the fundamental perfection of the Subconscious self.

That perfection, latent in Subconsciousness since the time when it was first split off from the Perfect Mind Ray, waits only for a way to be broken for it through the successive crusts of imperfect human thought and experience which the Conscious Self has laid down over it. Your task is to open that way by eliminating consciously, with the help of Universal Life Energy, all those negative crusts, and thus to bring the good walled up in your Subconsciousness into expression.

By filling your Solar Plexus, the organ of your Subconsciousness, with the energizing flow of Life Force, you will be able to accomplish this. It will not only destroy those monsters conjured up by the perverted activity of the human consciousness and set to guard jealously the inner treasures of your heart, but It will enrich that precious hoard still further by emphasizing and strengthening the positive thought elements within. Then when you penetrate into that treasure house of yours, you will find there everything you can want or need in superabundance.

The operation of Universal Life Energy, and the help derived from It, is due purely to Its unvarying activity in stimulating, strengthening and harmonizing. It does



not create anything new to add to your mental nature because there is nothing new which is positive that can be made to add to it. All that it has possessed from Eternity, and the only aid which can or needs to be given by Universal Life Energy is the gradual lifting of all negative thoughts, impressions and habits which are buried in it and their elimination in the form of vibrations. This is done automatically each time you contact that Universal Force, because Universal Life Energy is both all powerful and basically harmonious, and disharmonious vibrations cannot prevail against It.

When you combine this use of Universal Life Energy with the method of mental negation and realization, you form an alliance which safeguards your Subconscious mental field absolutely. Through negation you prevent more negative matter from entering in to grow up and corrupt further the mental soil, and through the use of Universal Life Energy, combined with positive realization, you purify that soil of all the evil bedded in it and waiting only an opportunity to express itself.

This elimination of the negative first by the methods above cited, and not the mere covering of it by positive suggestion, is essential for the proper scientific training of your Subconsciousness. To suggest the positive without first eliminating the negative would be like putting a coat



of paint on a metal object covered with rust. At first sight all will appear well, because the rust is hidden under the paint; but although the object may look sound and clean, the rust under that paint is increasing all the time through the chemical action of the air which still remains in the pores around it. Presently the paint will flake off, as it has no substantial foundation, and the rust breaking through will make the object much more shabby and disreputable than before.

Therefore unless the negative rust in you is cleaned away first, the good which you try to lodge in your Subconsciousness can get no firm hold and will not be very lasting in expression. Moreover, the destructive matter buried under that coating of good will have plenty of assistance in breaking out because of the evil which you also admit. The wrong thought vibrations which sink into your Subconsciousness all have an affinity in the wrong already stored there, and the mutual response between the two is in effect the same corrosive action observable in rusting objects. And the ultimate result is quite as unlovely as that described in the physical example above.

Finally, the constructive power of the Universal Life Energy with which you flood your Solar Plexus will manifest itself in a way that is of supreme importance to you in your conscious life—namely, by increasing your power



of imagination. Imagination, as stated previously, is the power to make thought grow out and produce; but the strength of that power, the measure of its productive capacity, is the fertility of the Subconscious soil to which it belongs.

By eliminating the negative, Universal Life Energy performs the first service for Imagination, for in proportion as the Subconscious soil is corrupted by wrong thought vibrations its constructive producing power is reduced. A pure soil is the best foundation for a rich harvest, but it also needs something besides purity. It needs energy, the strength to put its clean qualities into vigorous expression through the seeds that fall on it.

This also Universal Life Energy supplies, because It is in Itself the very force and strength that is needed. So when you contact Universal Life Energy abundantly and let It fertilize that Subconscious mental ground you are doing yourself an invaluable service, for besides eliminating the negative It is enriching that very quality in you on which hinges the scope of your activities and achievements on this Physical Plane. You attract to you and bring within the possibility of realization the thing you want through the power of your Imagination; so the fertility of that Imagination should be one of your dearest concerns from day to day.



EXERCISES

In order to enrich and develop your most important Subconscious quality, Imagination, an Exercise has been designed which is to be known as FERTILIZATION. This Exercise being the outgrowth of these other basic Exercises which have been given you, and depending on them for its successful performance, requires that you shall perform those Exercises regularly, as always, before expecting to reap advantage from their product. Therefore repeat morning and evening the Star Exercise, Relaxation, Silence and Contact, together with Attention and Concentration. Then proceed with FERTILIZATION as follows:

As the object of your Concentration Exercise this week take your own Solar Plexus, the seat of your Subconsciousness. Then, after having made the Contact with Universal Life Energy, focus your thought on that Solar Plexus and picture it mentally as being fertile, strong, pure and harmonious. Know that all the perfect qualities and knowledge of your Superconsciousness are there, latent, under all the human experiences and knowledge, all the information and impressions, heaped over them. Try to reach them through the good part of that human thought matter, and not only create in your Conscious Self the



concept of them as an actual possession, but be joyful at the realization of such treasures.

That whole mental treatment, applied to your Subconsciousness, will open it widely through the physical avenues of your body to the abundant inflow of Universal Life Energy. Then do not worry about results and above all do not close yourself up by fear, because the Great Law of the Universe will take care that Life Energy does Its work properly.

In this way you will purify and strengthen the productive powers of that mental soil. Then in using Universal Life Energy continually in all your activities, physical, mental and emotional, you will safeguard that specific work by warding off all the negative thoughts and impressions which are continually seeking a way in to destroy it.



QUESTIONS

1. What is Subconsciousness?

2. How did it originate?

3. What two distinctive qualities does it possess?

4. How does Subconsciousness react with the Conscious Self?

5. What are the qualities and limitations of the Subconsciousness?

6. In what respect is it dangerous to the individual?

7. How can Subconsciousness be consciously controlled?

8. What are the two methods for purifying Subconsciousness?

9. Which of these methods is limited, and why?

10. How do Negation and Realization operate on the Mental Plane?



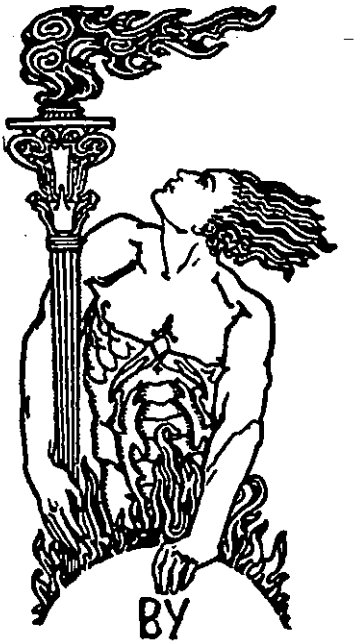
11. Should any definite sequence be observed in the application of the two methods of purifying Subconsciousness, and why?

12. What is the method and the result of Fertilization of the Subconsciousness?

LESSON TWELVE

"KNOW THYSELF AND THOU SHALT KNOW ALL"

SCIENCE OF BEING



BY

EUGENE FERSEN

COPYRIGHT 1927
By Eugene Fersen

ALL RIGHTS RESERVED

PRINTED IN THE U. S. A.

SCIENCE  *of* BEING

ANSWERS TO LESSON ELEVEN

1. Subconsciousness is:
 The third part of the mental trinity which is below the conscious state.
2. It originated:
 Through the breaking up of the single Mind Ray by Selfconsciousness.
3. Two distinctive qualities which it possesses are:
 (1) The power to receive and retain permanently whatever comes to it by way of the Conscious Self.
 (2) Imagination, or the power to increase the thought matter that enters into it.
4. Subconsciousness reacts with the Conscious Self:
 By tapping the whole world of human thought and experience through the conscious state, increasing the thought matter thus received, and yielding it back in its augmented form as the substance of the conscious rational thought.
5. The qualities and limitations of the Subconsciousness are:
 That it possesses all the perfect qualities and powers of its source, the Perfect Mind Ray, but buried out of reach under the superimposed mass of all human knowledge, good and evil together, which the Hu-

Copyright 1927
Eugene Fersen



manly Conscious Self has dumped down upon it since the beginning of its existence.

6. It is dangerous to the individual:
 In that it lacks the power of discrimination, and receives, nourishes and sends back to the Conscious Self the evil as well as the good which is admitted to it.
7. Subconsciousness can be consciously controlled:
 By the exercise of the power of discrimination, which is a quality of the Conscious Self, to determine what matter shall be admitted to Subconsciousness.
8. The two methods for purifying Subconsciousness are:
 (1) Mental Negation and Realization.
 (2) The use of Universal Life Energy.
9. The limited method is:
 Mental Negation and Realization, because it depends upon purely mental forces, principally the human Will, which are as fallible as the Humanly Conscious Self and can be applied only to the active process of exchange now going on between Subconsciousness and Selfconsciousness.
10. The operation of Negation and Realization on the mental plane is:
 Negation of a thing means its destruction, while Realization of a thing means its creation.



11. The sequence to be observed in the two methods of purifying the Subconsciousness is:
First, the use of Universal Life Energy, combined with the Negation of evil, in order to clear the way for positive Realization to establish itself securely. Second, realization of positive thoughts. Unless the negative is cleared away first it will break out and make the thin shell of good deposited over it very impermanent.
12. Fertilization of the Subconsciousness is:
The abundant use of Universal Life Energy to destroy the evil bedded in the Subconsciousness and to increase and strengthen the positive expression of the pure matter there, thus stimulating the power of Imagination.



Dear Friend:

This Lesson will explain to you those Mental Laws on which the whole intricate structure of Mental Science is based, and which govern the operation of your conscious thought. You will be shown how all the mighty streams of thought matter from outside as well as from within converge on the narrow throat of that passageway through the Conscious Self, and how, because your faculties are not harmoniously developed and adjusted, only a small trickle is skimmed off the top of this unceasing flood and submitted to them for your practical use.

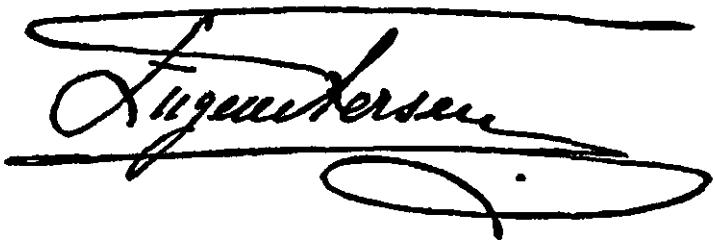
An insight will be given you into your Reason, the quality of your Selfconsciousness which, supported by Will and Common Sense, is an instrument of almost unlimited potentialities for creative and constructive work. You will learn how to employ it for Self Analysis, a vital activity for a successful existence, and how to adjust yourself through it to the Great Law of the Universe. Evil, its origin, its destructive influences and the means whereby it can be transmitted into good by the help of Self Analysis will be presented in detail.

Fear will be analyzed and traced to its source in Ignorance, and the method described whereby it can be not only overcome, but completely eliminated, together with all its negative expressions in Body, Mind and Soul.



When the ground has been cleared by uncovering all the obstacles in the way of efficient conscious thought, you will be given an understanding of the power of the liberated thought, and how to project your thought, with the aid of Will Power. Through the understanding you have gained of the Mental Laws the procedure of your thought, all its activities and effects, will be clear to you, and by applying what you have obtained from the study of these pages you will be able to make your Conscious Self at last the Master of itself.

Cordially yours,



SCIENCE  *of* BEING

LESSON TWELVE

SELFCONSCIOUSNESS is that quality of your mind which enables you to be conscious of every thought of your own, of every feeling and action of the world within and also of the world without. It is the point toward which all the numberless unassorted elements that go to make up your active life converge, there to be spun out into the compact fabric of your actual existence. Accordingly it is one of your most precious mental possessions, the seat of your conscious being.

To be conscious of something means not only to be aware of it, but to understand it, appreciate it, and know just how to integrate it with other things in order to get the most effective results. You are fully conscious of only a very few of the vast flood of impressions you receive; the rest, slipping past below the level of your perception, are practically non-existent to you. Even the virgin treasures of your Superconsciousness and the great stores of human knowledge in your Subconscious field are useful to you only as they are tapped by your Conscious Self; so your limited conscious capacity prevents you from turning more than the smallest part of them into the minted coin of real fact.

Three supremely important conscious faculties form the machinery by which thought stream is partly turned



to your account. Foremost among them is Reason, which selects and arranges in the most effective order what you need to meet the demands of your life. Through it you assort and analyze things with relation to themselves and to other things also, and from that analysis you draw logical conclusions. Thus you orient your individual thoughts and make them complete yet harmoniously associated units.

Your Will, the second of your conscious trinity, is the motive power whereby you drive into active and compelling expression amid the expressed thought of Humanity those mental projectiles which your Reason has made ready. Once launched at the impulse of your Will, they will bring a just return according to their force and merit. But whether your profit will be great or little depends upon how well your third chief conscious faculty has functioned.

Common Sense, that last and rarest of your conscious gifts, is the ability to see things in their true light and to judge them as they are, instead of as they seem to be. In other words, it is the faculty whose use determines the worth of the thoughts you employ as tools to help you live and progress. When Common Sense is well represented in you, the mental tools you fashion are of sound metal, well tempered, evenly balanced and without alloy. You



can depend on them to do fine work for you. When it is absent, you find your mental instruments crumbling impotently against the rocky face of circumstances, and you have to be content with the correspondingly poor impressions you are able to make in this world.

These three, Reason, Will and Common Sense, therefore form the working mechanism through which your Selfconsciousness puts its qualities forth into expression. The first arms you to meet the Future, the second provides the strength to drive your weapons, and the third determines how deeply they will bite. When properly exercised, they enable you to handle your own thoughts in accordance with the Mental Laws in such a way as to make them powerful, efficient and docile instruments in your hands.

The aggressive character of these three conscious faculties, always thrusting everything into manifestation and retaining nothing long, marks Selfconsciousness as the part of the Mind Trinity which is of the male gender, in contrast to the passive, receptive, and generative Subconscious aspect, which is of the female gender.

Your brain, with all its various lobes, convolutions, centers and cells, all of which correspond to the conscious qualities of which they are the embodiment, is the complex physical apparatus built by your Selfconsciousness for its own expression. Just as that Conscious Self knits



all its activities into a one-pointed scheme of action whose purpose is rational expression, so all units of the brain system tend toward the organ in it which represents the same purpose. This organ is the Pituitary Body, or, as was explained in Lesson Ten, the Telepathic Apparatus, which radiates thought vibrations from within and registers thought vibrations from without, making the brain a mental Radio Station.

The Pituitary Body is thus the channel through which the product of your conscious faculties emerges into active expression. The Concentration Exercise given you in Lesson Ten taught you how to modify the form of that Telepathic Apparatus by Will Power in such a way as to gather your thought vibrations into a single intense ray, instead of allowing all their force to be wasted through diffusion. Now the action of the thought so concentrated will be explained to you.

Three distinct phases mark the progress of the concentrated thought. From the moment of its conception in you it proceeds in obedience to exact Mental Laws. Over those Laws you have no control whatever; they are as impersonal as the planets in their operation; but during the first phase of their activity you are able to control the kind of thought you intend to submit to their influence.

This first phase relates primarily to the individual who



sends out the concentrated thought, before that thought leaves his Telepathic Apparatus. His function is to concentrate on the subject he wishes to convey, hold it steadily before his mental eye and then inhale slowly and deeply. At the apex of that inhalation he is to think quickly for a moment of the person to whom the thought is to be sent and at that instant exhale, at the same time letting go the concentrated thought. The energy released will drive the thought vibrations from his Pituitary Body, along the connecting line established across space by the single quick thought of the one who is to receive it, so that they strike his Telepathic Apparatus and are registered there.

In this process obviously the strength and nature of the concentrated thought depend upon the sender. You are able to decide whether the thought you let loose shall be one of hate, of love, of beauty, or of anything at all, positive or negative. Also you generate the vibratory current which carries that thought, so you make it strong or weak according to your desire or ability to do so. For this reason you have to guard against certain influences which can greatly diminish the power of your concentrated thought.

If you permit fear or worry about results to enter your mind before you have projected the thought you are holding there, you spoil most of its effectiveness. Fear is a negative condition which contracts the brain cells and



cripples their activity, so naturally the strength of the mental current you send out will be cut down in proportion as those channels shrink.

After you have projected your thought, fear or worry have no power to influence it further. Once it leaves your Pituitary Body it is gone beyond recall. No amount of wishing, hoping, dreading or regretting will ever catch up with it, because thereafter it proceeds serenely in accordance with Mental Laws. It will fly on its appointed course as inevitably as a rifle bullet after the trigger has been pulled, or as the vibrations of a telegraphic message when it has sped from beneath the operator's key. Both the bullet and the message reach their destination, not because of any expectation of the one who released them that they would be received, but because he put them under the operation of immutable Physical Laws; and the strength of the impression they make at the other end is in exact proportion to the power of the charge behind them. Thus the only way you can seriously detract from the effectiveness of your concentrated thought is by allowing negative emotions to clog the channels through which it must pass in you before it leaves you.

No interval occurs between the sending and the receiving of your thought. For mental vibrations space does not exist; therefore its action is instantaneous. As soon as



it leaves your mind it is present in the mind of the other individual.

The second phase in the procedure of this concentrated thought has to do with the individual who receives it. He also is powerless to exercise any control over it, except that if he is in a receptive mood he may be able to perceive it consciously a little sooner. Irrespective of that, however, the concentrated thought will enter into him, and the mental vibrations, striking his Pituitary Body, will be conducted by way of the back part of his brain and the spinal cord to his Solar Plexus, or Abdominal Brain. Here the idea they embody will be registered in his Subconsciousness, the strength of the impression it makes there depending on the strength of the vibratory current which produced it. There it takes root and grows, in obedience to the Subconscious Laws, until finally it reaches its conscious goal, persistently thrusting itself into the Consciousness of the individual from below and from time to time reminding him of its presence.

This Subconscious activity of the concentrated thought finds also a reflection in the Subconsciousness of the sender. When it is released, there is what might be termed a "backfire" which looses into the Solar Plexus of the sender the same vibratory impulse that is to be registered in the other



individual, where it lodges and grows in precisely the same fashion.

Sometimes you may wish to make your own Subconsciousness the recipient of the full force of that concentrated thought, instead of another person outside. This you call "memorizing," or "learning by heart," and it is accomplished through exactly the same process as for projecting the thought. In this instance, however, your Subconsciousness takes the place of another individual, and instead of projecting the thought you inject it into your own self. At the height of your inhalation, think of that inner destination within you and, so to say, swallow the thought just before you start to exhale. Thus you put all the propulsive energy into sinking that thought into your Subconscious Self, rather than in driving it out into space, and with this added impetus it makes so vivid an impression that it is always within the immediate reach of your conscious summons through Memory.

Finally, the third phase in the progress of the concentrated thought is its continued journey after passing through the Subconsciousness and leaving a record of itself there. Those mental vibrations, once they have deposited an impression of themselves in the Subconscious mental field, do not stop there. That is the goal to which you may have directed them, but after your purpose is accom-



plished they nevertheless fly on into Space in pursuit of the goal decreed for them by the Mental Laws which govern them. But before attaining that ultimate goal they are destined to undergo a decided change.

In hurtling out into Space they encounter the mental atmosphere which, as stated previously, surrounds the Earth just as does the physical one. That atmosphere is composed of the disintegrated thoughts of all thinking Humanity, a vast cloud of "thought dust" hanging there and enveloping our planet. From this cloud your concentrated thought, in its passage, attracts all the floating particles which are of a corresponding rate of vibration. The further it goes the more of this loose matter clots about it, until after a time it has grown out of any semblance to its original self, like a snow-ball rolling down a long hill when the flakes are damp and adhesive.

The significant feature of this activity of the concentrated thought is that it attracts only mental matter of a corersponding rate of vibration. "Like attracts like"—if the thought you discharge into that mental atmosphere is of a kindly and constructive nature, it will gather to it only similar positive thought matter during its passage. But all the negative thoughts of Mankind are mingled with the positive in that cloud of "thought dust" also, so if you release a destructive and negative thought you



unleash a wrong which will grow into a monstrous avalanch of evil before its course is completed. The vital interest for you in this fact lies in the operation through Mental Laws of another Physical Law, expressed through the Earth's magnetic attraction, which governs the progress of your mental vibrations.

This Physical Law, whether exerted on material bodies or on mental vibrations, tends to draw everything back to its point of origin. Therefore the final goal of your concentrated thought is yourself. No matter how far into Space it may proceed it must return, like an ordinary projectile, to Earth. Because it is of such a subtle nature the Law governing it is able to achieve uninterrupted expression through it, and the thought you sent out returns unerringly to you, with all that it has acquired on the way.

For this reason you should be exceedingly careful of the kind of thoughts you project, because obviously, while you can discharge harmful and destructive thoughts against others, to do so is simply to "sow the wind and reap the whirlwind." The measure of the injury you can do another individual in that way is negligible compared to the devastating boomerang of destruction which will rebound upon you. Similarly, if you send out thoughts of good, that good will return to you increased many times and will bear positive expression in your life.



Before employing the concentrated thought, therefore, be sure you have a clear perspective of its advantages and its limitations. Remember that Laws are greater than the individual; you can accommodate yourself to them, but you cannot bend them to your will. They see to it that nothing is lost in this World, and one of them, the Law of Compensation, working in this instance through the Mental Laws, insures the certain return sooner or later of everything that has its source in you. You cannot compromise, escape or evade them, and you cannot influence them to deviate from their eternally established course. Laws are no respecters of person; what you start they will inevitably finish, but whether to your benefit or distress depends upon how astutely you have called them into play in the beginning.

All abuse of these Laws comes first from within your Conscious Self and produces a certain definite effect—Evil. Therefore Evil, as was explained in Lesson Ten, is born of conscious or unconscious opposition to the Law, and it is not a cause. It is an effect only. What you call Good is also an effect, brought about by attuning yourself to the Law and working in harmony with it, so that you enlist all its irresistible power in your support. In that case it works constructively through you, building up the positive results which spell Success. But in opposing your-



self to the same Law that, rightly applied, brought Good, you pervert its operation so that it wreaks destruction through you and against you, creating Evil.

Your control over Evil lies in the faculty alone responsible for it—Selfconsciousness. The Laws themselves are totally beyond any influence of yours to change either their nature or the Power they govern. Like the beams of the sun, those remain eternally the same; the only variety is in the results they produce through you. Your conscious state is the parti-colored window through which they fall upon the floor of your temple of Self, and the borrowed pattern they fling there is beautiful or grotesque, pleasing or horrible, merely as the aspect imparted to them by you is so. If you are One with them so that you transmit them pure and undefiled, which means also that you are One with their source, Universal Life Energy, you enable them to write a positive history of development, success and happiness. If you are opposed to them you simply throw before them the stained map of Evil and trouble whose reflection vexes your life.

Obviously no neutrality is possible in your relations with these Forces and Laws. Separation means opposition, so you are definitely either with them or against them. They emerge through you either clean or dirty, because there is no good nor evil except as your conscious think-



ing self makes it so. Therefore in your Selfconsciousness resides the power to make your life harmonious or disharmonious, to transmute evil into good, by applying your conscious faculties intelligently to the task of cleaning that window in you.

This process is called Self Analysis, and it is essential for the proper conscious elimination of everything undesirable, as well as for the harmonious development of that which is constructive and useful. Without it no permanent mental sanitation can be assured, because only through it you are able to banish the grime of negative intrusions which are always seeking to crust your Conscious Self and disrupt the nice balance of its proportions.

Self Analysis first gives you a true perspective of yourself by uncovering your faults. The Four Main Aspects of Universal Life Energy, Life, Mind, Truth and Love, supply the basic plan on which any rightly organized life must be established. By turning every facet of your nature to this Four-square, you can easily note where it measures up to standard and where the corners fall short.

The most thorough Self Analysis, which means the most complete analysis of all these various facets, can be obtained by observing your reactions to other people. Each individual is different, and each therefore tests a different strain in your character. If an unusually success-



ful person arouses in you a sour spirit of criticism, a sense of jealousy, then you know that you possess this negative trait in you. If the society of idlers makes you feel at ease, there is an element of laziness in your composition which responds to the same influence from outside. When the effect of still others is to stir up resentment and even hatred in you, there is hatred latent in your heart. Thus everyone is a tuning fork of a different pitch which will bring out the false note in you.

When you have discovered all your shortcomings in this way you have gained a capital point without which effective sanitation would be impossible. Your shortcomings are the items of immediate interest, because they are what must be handled first in weeding them out, and until you have learned to distinguish them through Self Analysis you cannot proceed with that weeding. The above process, then, puts you in a position to continue by revealing the flaws that have to be removed.

In this further work of correcting your shortcomings Self Analysis also helps. Through it you are able to counteract the demand of the negative in you for expression by summoning up the positive instead. Whenever you feel the impulse to indulge some negative inner call, school yourself to bring out instead the exactly opposite and positive quality. In so doing, you lift the weight of wrong



which seeks to drag that negative trait into expression, and by destroying its influence in your life you restore the proper balance within you.

Not only will Self Analysis uncover the individual negative elements within you, but on the larger scale it will show you just which part of your human trinity of Body, Mind and Soul is the dominating factors in your life. The being which is you is composed of those three main divisions, and the division marred by the least negative is the one to whose key your theme of existence is pitched. It corresponds most nearly with the Four-square of Life, Mind, Truth and Love, being the part in which those qualities find their fullest expression, and indicates to you your task of developing to a corresponding strength the neglected corners in the other departments of your life. Also it strikes out a vista of all those turbulent currents of evil in you and traces them back to their one vast common source—Fear.

Fear, the giant hand that grips your mind and warps it from the direct course, is a condition that exists and has its origin in mind alone. Moreover, it is not a natural or even an inherited condition, but one which is acquired separately by every individual. Experiments conducted recently in different scientific institutions in America and in other countries also have revealed the fact that children



as well as animals are born absolutely fearless. Nothing is able to produce in them the reaction called Fear except a sudden very loud sound, whose vibrations naturally hurt the auditory nerves. It is only later, after Fear has been imposed upon them by maturer people in whom it is already present, that they acquire this negative condition which becomes their greatest handicap and the source of all their future troubles, barring them from Health, Success and Prosperity.

Analysis of Fear, its nature and causes, is one of the vital points in Mental Science, because in Fear is comprehended the entire problem of all the negative. When you overcome that, you kill at a blow the hydra-headed monster which leers out in the thousand and one ills and diseases of Body, Mind and Emotions. All negative springs from Fear, so when Fear is eliminated all its negative expressions vanish also.

Fear as a sensation is a conscious or unconscious feeling of helplessness and lack of power in the presence of danger. It produces as a physical reaction a general closing up, contraction and paralysis of all the nerves, cells, muscles and tissues. The effect of that closing up of your physical channels is to deprive you of the use of the very instruments by which you should most successfully combat the menace that threatens you. That is, it deprives



you of the use of your conscious faculties.

Animals and plants do not possess the conscious faculties with which the human individual is endowed, so in their cases Fear performs a definite service in protecting them from harm. A turtle, when scared, withdraws into its shell. So does a snail. A porcupine rolls inself into a spiked ball. With every animal or insect the Fear impulse to shrink and contract works automatically to bring out some protective device.

Even some plants exhibit this unconscious Fear reaction to a marked degree. The Touch-me-not derives its name from it. A certain tropical bush is so sensitive to outside impressions, especially of a threatening nature, that a stone thrown at it from a distance causes it to close its leaves and shut down its branches like the ribs of an umbrella. It preserves this singular and uninviting attitude until the real or seeming danger has had time to depart, whereupon it resumes its former natural condition.

But what is a great boon to an animal or a plant which has not the mental equipment to defend itself more effectively, is a decided disadvantage to a human being who has. Your first reaction to Fear is that you cannot think. The contraction of the nerve passages in you pinches off your contact with your conscious facul-



ties, Reason, Will and Common Sense included. The result of this severed connection is that you are bereft of motion also, as the motor impulses which drive your body to coordinated and intelligent action come also from Conscious Self.

The consequence of Fear, then, is that you deliver yourself bound hand and foot to the very danger you wished to avoid. You are paralyzed mentally and physically, except when occasionally your dammed-up energies burst out in a sudden explosion or in some violent and erratic behavior which only renders you more vulnerable. You have thrown away the conscious weapons by which you could conquer the obstacle that confronts you, and have abandoned yourself abjectly to the mercies of a power that is merciless — Fear. What, therefore, is the source of this Fear?

The cause of Fear in most cases, especially with human beings, is ignorance. A thing which baffles your understanding, which looms up before you simply as an impenetrable mask hiding you know not what terrors behind it, produces in you that overpowering sense of inferiority and helplessness. It usually "faces you down" merely by the suggestion of what may be back of it, allowing your own imagination to help it defeat you. Or more



rarely, your inferiority may be genuine, and your recognition of this constitutes your Fear.

The elimination of Fear, then, is largely conditioned on the elimination of this shadow, from which it is spawned, Ignorance. Like most vermin, Fear thrives in darkness, sallying out to spread its blight in the path of ambitions, hopes, health and friendships. Every positive quality is the potential victim of this creeping poison, which sows hatred, jealousy, distrust, anger, disease—every wrong and destructive element there is, physical, mental and emotional—in order to bar you from those things that you want and to bring into your life those things that you do not want. It is the one monstrous genius of the negative which has retarded the whole of Humanity's Evolution, only because Humanity has not taken the trouble to turn a little mental sunlight into the dark corners.

Most of the methods devised for overcoming Fear limit their scope to human powers within the individual and take for their vital principle the human Will. Thereby they destroy their avowed purpose, for while the human will is an admirable weapon to turn against anything, it functions very largely as an arm to wield a weapon. Your Will is the cutting edge of that composite tool of your Conscious Self, Reason, Will and Common Sense, but the power that can drive that edge straight to the heart of



the foe is something else entirely, and it cannot be left out.

The effect of Will Power used alone is the very reverse of what is expected, for Will Power, like Fear, tends to contract and close up by strain the nerve channels. Therefore the application of Will Power to overcome Fear, while it may temporarily give you a false position of dominance, really aids Fear all the time in closing up the already contracted channels in you still further. The more you use it the more you chop away the slim prop by which it holds you up, and when you fall, it will be into a panic the more intense the more you tried by Will Power to avoid it.

Due also to this tendency to contract, Will Power must be held responsible together with Fear for bringing into your life the very things you dread. Once a thought of Fear enters into your Subconsciousness it shuts all the doors behind it. That is, the contraction produced in you by Fear shuts the thought of Fear securely in your Subconscious mental field, shielding it from any blighting touch of the positive and affording it the most ideal conditions for growth and increase. Your use of Will merely seals it in more tightly, and then when it does sprout forth, your efforts to drive it back from your Conscious Self succeed only in impressing it more vividly on your Sub-



consciousness. There, thanks first to Fear and then to the Will Power with which you tried to eliminate Fear, it grows abundantly under cover and gathers the strength to break out irresistibly in your conscious life.

To depend upon Will Power alone to rout such an enemy, therefore, is like sticking a sword in the path of an army and expecting it to cut them to pieces. Will Power and the other conscious faculties are not an army in themselves; they are merely the tools, the weapons, which, if properly wielded, are capable of putting your most formidable opponent to flight.

The Great Power which alone can really eliminate Fear is Universal Life Energy. That is the mighty arm in whose hand your conscious weapons fit best and leap forward to clear your way to Freedom and Achievement. Success is yours in the ratio that you strike off the grip of Fear, no matter in what department of your human activities it may be, for until you break the hold of that paralyzing force you are stricken with a sense of impotence and inferiority all the more deadly in that it chokes back any real hope of getting rid of it.

Those who use Universal Life Energy consistently in all their daily activities succeed in getting rid of Fear, putting in its place a harmonious, relaxing and constructive Power in which they know they can repose the utmost confidence



because no obstacle can daunt it. To such, Fear becomes a myth, a nightmare bred in the shadows of Ignorance and dispelled like an evil mist before the dawn of Knowledge and Power brought on the wings of that Universal Force.

In allying yourself to Universal Life Energy, it is not to be supposed that you resign all responsibility for your other faculties. You are the medium through which that Ally works, but the strength it gives you does not cancel the need for taking good care of the weapons with which you must, after all, win your fight. Reason, Will and Common Sense are still the instruments you have to use, and the stronger and better you make them the more quickly and cleanly you will be able to accomplish your task.

The development of your Will, that cutting edge within you, comes from the exercise of it, and in its training involves also the development of your other two main conscious faculties. Reason and Common Sense enable you to analyze things and weigh their true value, pro and con, so that you can come to an accurate decision. When you see your way clear to adjust that decision to the Great Law of Universal Harmony, then make it and use your Will to stick to it and carry it through to the end in spite of everything and everybody, including yourself. Thus you strengthen all your conscious qualities, and



above all you temper and sharpen that all-important shearing edge of your Will.

A Will properly trained in this manner gives you the mastery over your Mental Self and increases the power of your liberated thought also. Subconsciousness, as stated previously, now plays a dominant role in your life instead of occupying the subordinate position that it should, but your Will can give you absolute authority over it. When you have acquired this control you will no longer have to be content with the fragmentary and incomplete thoughts that your Subconsciousness now yields at its own whim. You will be able to free them at once from the heavy Subconscious soil of negative matter which clings to them and drags them back, so that they are promptly liberated in their entirety. Such liberated thoughts are clear, supple, strong and creative, real genii of the Mind alert to carry out your bidding in the face of every difficulty.

Since the whole purpose in clearing out of your system that negative element of Fear is to give you undisputed control and authority over your own mind, so that you can command your thoughts at will and handle them according to your desire, the Exercise for this Lesson will be designed to help you in putting to the most effective use the control you thus obtain. When you have dissolved from your thought the Fear which shackles it, then you



can send it out to carry your message and to gather to it a double cargo of profit to bring back to you. Therefore Thought Projection is one of the most valuable functions of your Conscious Self, and the one which, diligently practiced according to the method to be described, will make **you** Master.



EXERCISES

Continue as always, morning and evening, the Star Exercise, Relaxation, Silence, Contact and Concentration, and through the practice of them prepare yourself for the effective performance of the new Exercise for this week, which is called THOUGHT PROJECTION.

In order to accomplish THOUGHT PROJECTION proceed as follows: After you have entered into Silence and made the Contact with Universal Life Energy, concentrate your mind upon a certain object, preferably one of a simple and substantial nature. When you have succeeded in obtaining a clear and vivid mental image of that object, inhale slowly and deeply to the full capacity of your lungs. This inhalation should gather in it the harmonious and rhythmic momentum of your own collected inner forces, which reach the height of their power when it reaches its climax also. Then exhale quickly and project your mental concept into Space, winged with the charge of energy which you have rallied for that purpose. After you have done that, do not think any longer about it, because further thought can have no influence on what you have sent out, one way or the other.

If you wish to convey that thought to someone, you can do so by thinking for an instant of that person at the very peak of your inhalation, just before you project



the thought into Space. This quick thought establishes a connecting line that projected vibrations will follow as the line of least resistance.

Repeat this Exercise several time a day, choosing each time a new subject for thought projection. In this way you will train yourself to think quickly and strongly, with an energy and decision that will make your thought produce a convincing impression. You will also achieve variety, and will develop an alertness, clarity, precision and creative power of mind that will be invaluable to you.



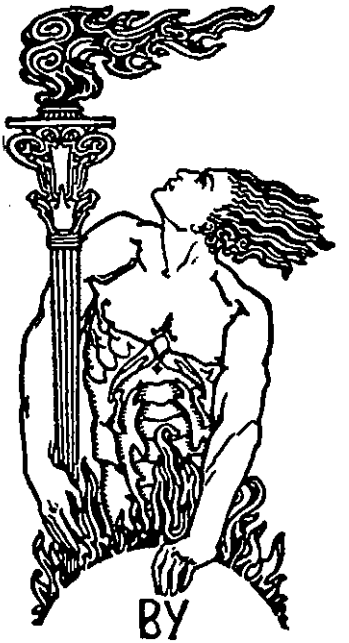
QUESTIONS

1. What is Selfconsciousness?
2. What are its distinctive qualities?
3. To what extent are we conscious of all the thoughts and impressions we receive?
4. What is Reason?
5. What is Common Sense?
6. What is Self Analysis?
7. What is Evil?
8. What is Fear, its causes and effects?
9. How can Fear be eliminated?
10. What relation do the conscious faculties bear to Fear?
11. Define Will Power and its development.
12. What is liberated thought?

LESSON THIRTEEN

"KNOW THYSELF AND THOU SHALT KNOW ALL"

SCIENCE OF BEING



BY

EUGENE FERSEN

COPYRIGHT 1927
By Eugene Fersen

ALL RIGHTS RESERVED

PRINTED IN THE U. S. A.

SCIENCE  *of* BEING

ANSWERS TO LESSON TWELVE

1. Selfconsciousness is:
 The quality of your mind which enables you to be conscious of all thoughts and impressions proceeding both from within you and from outside.
2. Its distinctive qualities are:
 Reason, Will and Common Sense.
3. We are conscious of all the thoughts and impressions we receive: To only a very limited extent, as most of them pass below the range of our perception.
4. Reason is:
 The power to analyze things with relation to themselves and to other things also, and from that analysis to draw logical conclusions.
5. Common Sense is:
 The faculty to see things in their true light and to judge them as they actually are.
6. Self Analysis is:
 The accurate perception of your own qualities and shortcomings through applying to all your actions the standard contained in the Four Main Aspects of Universal Life Energy, which are Life, Mind, Truth and Love.
7. Evil is:

Copyright 1927
Eugene Fersen



Conscious or unconscious opposition to the Law of the Universe.

8. Fear is:
 A feeling of impotence and inferiority, caused by ignorance of the thing with which you have to contend, and it produces a shrinkage and contraction of all the physical channels in your body.
9. Fear can be eliminated:
 By the use of Universal Life Energy.
10. The relation of the conscious faculties to fear is:
 That unless they are supported by Universal Life Energy, Fear closes the channels for their expression and deprives you of their use to overcome adverse conditions.
11. Will Power is:
 The executive and sustaining power of your Conscious Self, and it acts as the cutting edge through which the other conscious faculties put their activities into definite expression. It is developed by exercising it.
12. The liberated thought is:
 Subconscious thought freed by the use of Universal Life Energy from the negative which retards it.



Dear Friend:

As your life takes its tone from the human society of which you are an integral part, it is vitally important for you to be able to pierce behind the veil of appearances and perceive the elements which are to react upon you, and to know whether their influence will be good or bad. Character reading is therefore an accomplishment whose value to you is unlimited, because it helps you to direct and control your life constructively, while its associate activity of Thought Reading is of equal value in enabling you to achieve immediate positive results.

These two, Character Reading and Thought Reading, will be the uses of your conscious faculties taught you in the first part of this Lesson. The second part will then explain to you the qualities which support and coordinate your mind to the performance of those functions, and which enable you to employ their results to the best advantage. Self Reliance, Insight, Foresight, and Common Sense emerge into prominence as you give them use, and they frame a balanced mental growth tending toward the proper expression of that basic ruling Power which is supreme over all—Truth.

Strength, Poise, Energy, and Power come only from a balanced mental machine. Equilibrium itself is the ordered product of Law, but of that perfect Law which,



as an Aspect of Universal Life Energy, is known as Truth. By erecting your faculties to the standard set by Truth, in accordance with the methods and principles which will here be explained, you will win the utter Freedom and Independence desired by every man and woman, but seldom attained by any.

Cordially yours,



SCIENCE  *of* BEING

LESSON THIRTEEN

CHARACTER reading is one of your most practical and valuable attainments, because it enables you to understand the other half of that human equation of which you are only the first part. Self Analysis taught you how to discover your own qualities and weaknesses; analysis of those among whom you live will, by showing you theirs, enable you to combine the two intelligently for a positive solution of the problem called your life.

Yet to read the character of another individual is an entirely different process from reading your own. Instead of being inside that shell of the human body, studying at their source the impulses which move and guide it, you are outside trying to fathom from its appearance and activities the hidden inner qualities of which it is the sum. The conditions, therefore, are reversed; you are barred from the springs of action in other people by a wall of flesh which carries in its own conformation alone the only visible indications of what may be behind it.

Numerous methods have been devised, especially by psychologists and psycho-analysts, for estimating from these indications the character they conceal. "Humanology" has grown to be a science by itself, distinguished by some very worth-while contributions from experts in that field. The student of Humanology is now able to



get a fairly accurate idea of a subject merely by observing the various parts of the face and body, with respect to their comparative development and relative values one to another.

For instance, a well developed and properly balanced forehead will mark one as of a mental type, while on the contrary a low forehead topping a sturdy and robust muscular system will indicate that the physical side is dominant. Strong, clean-cut features betoken energy and a clear, exact mind. Determination is known to express itself in a square, aggressive chin.

Yet very often the student of Humanology is puzzled to discover that some traits written large in the features under observation are lacking in the individuals, while others only mildly represented in the flesh are decidedly active within it. Thus someone possessing no chin worthy of note frequently exhibits great energy and determination in thought and action, whereas another graced with the jaw of a bull-dog may be of a timid and vacillating disposition.

This discrepancy between appearances and fact would seem to prove the inaccuracy of the body as a means of reading the character it contains, and in a measure it does. But in reality there is no such contradiction as there seems



to be, and the difference grows simply out of the omission of one highly important natural factor.

This factor is the inability of the Physical Self to conform quickly to inner alterations. The human body, after a certain age, does not lend itself readily to change. During youth it is the plastic material in which the Soul, or Ego, outlines its own qualities and activities. Therefore it becomes strong and harmonious, or weak and ill-attuned in accordance as the characteristics and activities it embodies are well balanced or feeble. But when the individual has reached his full physical development, usually between the twenty-fifth and thirtieth year, the body has set in a certain mold from which it does not easily vary.

The character within, however, is not subject to this physical limitation. It continues to grow and unfold as long as the individual possesses the necessary health and strength to keep his human machinery running properly. With some that inner development may proceed until almost the end of their lives, but in most cases it reaches its climax at a period between the ages of fifty and sixty. In any event, the inner growth completely outpaces the physical reflection of it, and the longer the individual lives the greater that discrepancy becomes.

The consequence of this, then, is that every individual becomes a sort of a totem pole carved in the likeness of a



departed past. Masks, sainted or grotesque, sculptured in the semblance of those qualities which their contours once fitted, peer changelessly out from every side. Some may prove to be an empty death mask, some may still cherish the trait that formed them, some may be the cast-off cradles of a quality that has since increased to towering proportions. All are crystallized records of what once was, but may quite reasonably be no more.

Therefore while the body can be taken as a fairly accurate criterion of character until the age of twenty-five, after that time it becomes increasingly inaccurate. Circumstances may have closed down on the individual with a weak chin and compelled him to develop energy in the latter part of his life, but no outward expression of that inner change emerges into view. Clearly, then, some more constant factor than human flesh must be found to carry the true story of another person's character, a factor which will transmit to you an exact understanding of the actual Self now within.

This factor exists in the Universal Life Energy whose use you have learned. In order to analyze the character of an individual under your observation, first make the contact with that Universal Power, and when you feel the Force flowing through you, try to sense the impression produced upon you by that individual. No human being,



no animal or thing, can fail to convey a certain impression to you, because everything in Nature is continually radiating its own qualities in the form of vibrations which, although hidden to our senses in general, are none the less registered by those more finely developed inner senses we possess. In this impression is summed up the real character of the person or thing from which it emanates, so your task is simply to make it perceptible to your Conscious Self.

The peculiar advantage inherent in this method is its accuracy. Vibrations cannot lie, because they are the direct essence of what produces them. They are always streaming forth fresh and new, catching on the way any slight variation in the changing forces behind them. They are marred by no scars of Time; no beauty doctor can raise or drop them as he can a face; no individual can alter them except by a genuine and thorough inner alteration first. Through them Danger shouts its name aloud to those who know how to listen, and false pretense sounds its cracked note beyond the possibility of mistake.

That is why most animals and birds, being very sensitive to that radio-activity, are often able to anticipate perils before they loom in sight. It explains also why dogs in particular are able "instinctively" to perceive the true character of individuals where human reason sadly errs.



They know how to listen in a way Nature has taught, and which human beings in general have forgotten or ignored. A wholly passive and receptive attitude is necessary to catch the desired message. Any effort to project yourself into the mind of another individual succeeds only in shutting the door in your own face, because you not only put him on his guard against you, but you also close yourself completely against the vibrations which he cannot help giving out. As those vibrations, recorded on the photographic plate of your Consciousness, are the very impressions which your Reason must analyze for the character they represent, an exertion of Will Power which closes you up like the shutter of a camera leaves you practically in the position of an unexposed film. Only by remaining calm, open and receptive can you consciously record the character map projected by the other person, and only as you pour the current of Universal Life Energy through your relaxed physical channels and so sensitize that inner photographic plate will the impressions recorded there be clear and distinct in outline.

When this process is properly employed the character of the individual in question will be reproduced in you so vividly that you will eventually feel it as a part of your own. In other words you will read within yourself the character of someone else. Knowing your own character



through Self-Analysis, you will be able to distinguish between the two and to classify the impressions received from outside accordingly. A few moments should suffice for you to accomplish this work, and after several months practice, when your Reason has fully accommodated itself to that novel conscious activity, you will perhaps be able to read instantaneously the character of anyone with whom you come in contact. The one vital point to bear in mind is that you must first contact Universal Life Energy abundantly before contacting the individual you wish to analyze.

The same accuracy secured in character reading by this method is obtained in the reading of other people's thoughts. Thought vibrations are based on those identical Laws of Radio-activity which govern character vibrations, and the process for reading them is similarly applied. In a way thoughts are more easily read, because their vibrations are like strong flashes of varying intensity, as contrasted to the steady glow of character vibrations.

In reading the thoughts of another individual, the same passive and receptive attitude is also necessary. Simply relax and remain quietly within your Mental Self, because any effort to project yourself will only result in closing you to the very thing you are trying to receive. Projection means the use of Will Power, and Will Power



produces contraction and strain. Naturally you cannot concentrate on giving and expect to receive at the same time.

Then, when you have made the contact with Universal Life Energy, watch the impressions registered on your Telepathic Apparatus by the thoughts proceeding from the other individual. Let your interest be in opening and expanding the limits of your perception, as well as in deepening your sensitiveness to the incoming vibrations by the larger admission of Universal Life Energy. Presently you will be aware of the fluid theme of impressions pulsing against that screen of your Consciousness, and you will realize in your own mind the mental processes flowing from the Telepathic Apparatus of another.

Later on, after you have developed proficiency in thought and character reading through constant practice, you can extend your range indefinitely. The actual bodily presence of the subject is then no longer necessary in order to get a true estimate of his character or to perceive the trend of his thoughts. Distance is no obstacle to vibrations, so by contacting Universal Life Energy first and then concentrating your thought strongly upon the individual with whom you are concerned, you strike out a broad avenue connecting you with him across any space. Thereupon just relax into the properly receptive attitude



and let that individual virtually flow into you by Mental Radio over the line already established. The impressions received will be quite as distinct and accurate as if he were standing at your side.

While these two, character and thought reading, are the most vital accomplishments for orienting yourself in the Society of which you are a part, they also imply associate functions hardly less important. They are themselves limited in that they apply only to human beings; but there are many elements bearing upon your life which, although perhaps the product of the activity of other individuals, are not immediately traceable to any specific ones. Therefore in order to solve intelligently all the complex problems of daily life, and to profit by all the opportunities sown among these unclassified elements, it is necessary to apply analysis to them as well as to people, in the manners known as *Insight* and *Foresight.*

INSIGHT is the mental capacity to perceive the hidden causes behind manifested effects. In other words, it is the ability to get at the roots of things in the ordinary run of events, just as character reading is the ability to get at the roots of appearances and traits in human beings. Its value lies in the fact that it enables you to discover opportunities that others cannot see, and also to detect



and avoid dangers to which those in whom Insight is undeveloped are blind.

FORESIGHT, on the other hand, is the ability to correlate what Insight has revealed, and through that correlation to foresee conditions or events. It enables you to draw right conclusions, to forecast effects which are to happen in the Future by causes which are now in process of starting or which have started in the Past. Through Foresight you can create and guide your own future destiny by starting now causes which, caught in the constantly moving film of events, will some day emerge inevitably into your life as present effects.

In the development of these two faculties, as in everything else, Universal Life Energy will be of invaluable assistance to you. That is the one Force which can carry you out of the shell of your human limitations and conduct you to the very end you are seeking. Therefore if you desire to pierce the mystery of visible happenings and unravel the casual roots from which they sprang, make the contact with that Great Power and let its propelling Energy sweep you mentally into the unseen regions where those causes dwell. Or, if Foresight into the future is required, let your glance soar winged with the Force of the Universe far above surrounding obstacles and limitations,



until the unrolling horizons fall back from the clear goal to which you aspire.

The effect of Universal Life Energy in stimulating your faculties of Insight and Foresight is repeated in Its contact with all other mental qualities. Development of one commands the sympathetic development of the rest also, because the harmonious nature of the Life Force will not permit It to tolerate an ill-balanced growth.

Therefore in concentrating It upon a particular one of your many mental endowments, you really enable it to do you an incidental service of infinitely more value than the achievement of your immediate object. It welds the varied units of your mind into a compact and well poised whole, imparting to you that mental equilibrium without which true Mental Mastery cannot be obtained.

The gradual attainment of this Mental Mastery through the operation on your faculties of Universal Life Energy is reflected outwardly in the increased efficiency of your thought processes. Not only does your thought become more clear, precise and powerful, but the logic of your Reason gains purpose and direction. The development of Common Sense, the quality which enables you to make the best use of present conditions, is fortified and adjusted in its growth by the development of all subordinate qualities which bear any relation to it. That cluster



then exchanges mutual support with the neighboring chief mental groups, which are all similarly responding to the basic stimulus of Universal Life Energy. And the whole movement of readjustment, change and increase tends toward the emergence of one key quality dominating all—Law.

Law is the element which, as an Aspect of Universal Life Energy, is called Truth. Thus Law and Truth are synonymous, and although they are commonly regarded as an abstract concept, of a nature too ethical to be very substantial, they are in fact a concrete, definite Power of Universal import. Human laws are abstract until they are put into active application, but Universal Law is in operation continuously everywhere, throughout Eternity. It can function only as long as It is true to Itself, yet It is never anything else because It is One with the Perfect Power which It governs.

Absolute Truth, or Universal Law, is therefore a distinct physical Force characterized by certain results which It produces wherever It touches. Foremost of these is Order, which means that It disentangles, removes obstacles, simplifies and systematizes everywhere It goes. Whenever you contact Universal Life Energy you admit also Its Aspect of Truth, just as you admit the other three of Its Four Main Aspects, Life, Intelligence and



Love or Harmony. Thus you introduce into your mind a concrete, pervasive Power conducive to Order.

The elements of order, however, are not brought in by Universal Life Energy, but are already present in an unmanifested condition. What Absolute Truth does is simply to act as an outside stimulus which calls forth a response from that corresponding truth in you. Therefore you do not impose an alien curb on your consciousness, but you do bring into expression a potential order latent there. The reorganization of your mental qualities builds them up toward the standard of order set before them, and by achieving that standard establishes your mental equilibrium.

The consequence of this is that you realize the greatest and rarest of all rare gifts, Self Reliance. Feeling that mental balance and strength within, you cease to depend upon others for guidance and you assume the initiative yourself. Instead of molding your life to the thoughts of others, you mold others to your own thoughts. From the driven you become the driver, and in this way you acquire real independence. You merge your uncertain multiple dependence on circumstances and human beings and material things, all of which can fail you, into a single unfaltering confidence centered upon the one and only Power that you know can never fail you, Universal Life



Energy. Once you have learned how to become One with It, so that Its harmonizing Current flows unceasingly through you, you have won that which is worth more than all treasures and worldly powers, because It controls them and draws them in Its train.

Everything constructive and positive derives its value from this Truth Aspect of Universal Life Energy, because only where it manifests Itself through Order can effective power prevail. Where that Great Law does not manifest Itself there must be chaos, lack of balance and disharmony. In such a state there can be no utility, no creative service to a good end, any more than there could be in the scattered parts of an unassembled motor. No matter how excellent the pieces are, they remain only a burden until assigned to their proper positions in the completed whole.

By living Truth, you are assembling the mental motor within you, imparting to it the ordered arrangement and cohesion which will enable it to function smoothly and to generate ever greater power all the time. By expressing Absolute Truth, the Law Aspect of Universal Life Energy, you are opening a broad channel for the admission of that Basic Force Itself, the Fuel from which all Power is derived. Therefore the more Truth you develop in you, and the more Law and Order you thus introduce into your mind and your activities, then the more you become a



Law unto yourself above any human law, because you are One with the Great Law which is supreme over all.

Very often untruthfulness will appear to promise some immediate advantage, but if your Foresight were sufficiently developed you would invariably perceive beyond it a more than compensating loss. Disorder means confusion, first mental and then reflected in your Physical Self. Confusion must without fail result in loss of power. Thus it is evident that if you want to be powerful and successful, for your own interest you cannot afford to compromise with Truth. No matter how tempting such compromise may seem, you will always ultimately be the loser in spite of something gained at first.

Remember, no one can pervert with impunity the Great Law. It governs a Power that turns aside for no man. The choice lies with each of us either to be with It and enlist It to sweep us irresistibly on to Success, or to be against It and be just as irresistibly crushed beneath Its Omnipotent Force. No compromise can ever make that Current flow uphill, so the option is clearly in our own hands. Success or failure—with or against—they depend solely on our own relation to Truth.

Therefore be true to yourself and you will be true to others. Be true to others and the World will be true to you. Know the Truth and It shall make you free, be-



cause real Truth means strength, power and enlightenment to choose your own path in this World. Practice Truth, and thereby cast off the fetters of weakness and fear with which untruth has bound you. Love Truth, and you will gain the treasures of this World, not merely of wealth, but of trust and honor and abounding love.



EXERCISES

Morning and evening perform the Star Exercise, Relaxation, Silence, the Mental Contact continuously in all your daily activities and Concentration. Then, having sharpened your mind through these Exercises, apply it to the new Exercise for this week, which is called OBSERVATION.

The purpose of OBSERVATION is to deepen your understanding by wiping away the superficial crust and thus exposing to your mental eye the interwoven array of causes behind every visible effect. In its inception this Exercise appears to be very simple, yet its results in promoting the ordered, well balanced arrangement of your faculties which expresses the Power of Truth are remarkable. It broadens your perception, stimulates your interest, strikes back the narrow walls of your conscious field and makes you an alert, efficient and powerfully active instrument. To practice OBSERVATION proceed as follows:

Select any material object within your immediate reach as the object of the Exercise—a book or a pen, perhaps. Try to perceive through that completed unit all the divers elements and forces brought to bear on its creation. Analyze its form, its parts, its general and particular aspects, the materials used, their source and how they were



shaped and combined to produce that particular serviceable thing. From the point of so uncomplicated a tool as a pen stretches back a widening vista of machinery, mines, forests, industries and factories, a fertile and teeming band of wealth and activity striking deep into the complex pattern of modern life. So with everything, for after all there is no such thing as creation of something new in this world, but only different arrangements of things already here. Try to see those many things crystallized in the one compact expression of them that you have elected to observe.

Later you can extend your field of observation to the larger world of your activities. Analyze the room or office in which you work and the people with whom you come in contact. Note the changing play of life on their features, in their habits, through the creeping scheme of their actions and the little alterations in their appearance. Endeavor to get at the meaning behind things, the purpose and causes which determine their existence.

In this way you will strip the skin from life and uncover the novel and fascinating world of reasons behind what are often dull and familiar surface effects. You will not only vastly increase your knowledge of things and people, but you will scrub the rust from your interest in them so that nothing can meet your eye without casting a



lively and sparkling reflection in your mind. Interest responds to action, and action resides beneath the surface, not upon it. Therefore the more you develop OBSERVATION the more interesting, vital and cheerful life will appear to you. It is one quality in which utility and practicability are superbly united with the most agreeable diversion.



QUESTIONS

1. What is Character Reading?
2. To what extent is the body an accurate indication of the character within it?
3. Is the character subject to physical limitations?
4. What role does Universal Life Energy play in Character Reading?
5. What attitude is necessary in order to read other people's character?
6. How can one read the thoughts of others?
7. What are Insight and Foresight?

 (1)

 (2)
8. How can they be developed?
9. What is Self Reliance and how can it be developed?
10. What is Truth?
11. What it its practical value?
12. How can it be developed?

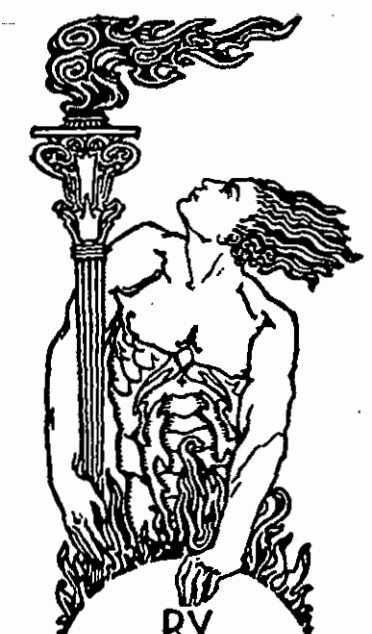
 (1)

 (2)

LESSON FOURTEEN

"KNOW THYSELF AND THOU SHALT KNOW ALL"

SCIENCE OF BEING



BY

EUGENE FERSEN

COPYRIGHT 1927
By Eugene Fersen

ALL RIGHTS RESERVED

PRINTED IN THE U. S. A.

SCIENCE  *of* BEING

ANSWERS TO LESSON THIRTEEN

1. Character Reading is:
 The analysis of the qualities and weaknesses of other individuals.
2. The body is an accurate indication of the character within it:
 Until about the age of twenty-five, after which it loses its plasticity and does not readily reflect the character development within.
3. The character:
 Is not subject to physical limitations, but continues to grow and change until late in life or in some cases until death.
4. The role of Universal Life Energy in character reading is:
 To convey through vibrations an always accurate impression of the character of another individual, just as the character is at that moment when it is analyzed.
5. The attitude necessary to read other people's characters is:
 A passive and receptive one, so that you are open and sensitive to the vibrations emanating from another.
6. One reads the thoughts of others:

Copyright 1927
Eugene Fersen



In precisely the same manner as one reads characters, by remaining open and sensitive to their mental vibrations.

7. Insight and Foresight are:
 (1) Insight is the ability to perceive the hidden causes behind manifested effects.
 (2) Foresight is the ability to correlate and combine what Insight has revealed, so as to be able to foresee future effects from causes now starting or that have started in the past.
8. They can be developed:
 By the use of Universal Life Energy in a persistent endeavor to exercise them.
9. Self Reliance is:
 A feeling of mental balance and strength within, resulting in individual Initiative and true Independence in thought and action. It is acquired through the coordinated development of all mental faculties by the use of Universal Life Energy.
10. Truth is:
 The Law Aspect of Universal Life Energy, one of the greatest concrete Powers of the Universe, whose invariable activity is to establish order and harmony wherever It goes.
11. Its practical value is:



That It promotes equilibrium and thereby combines all faculties and things so that each develops the highest degree of constructive efficiency.

12. It is developed:
 (1) By being always true to oneself and to others in thought and action.
 (2) By the constant use of Universal Life Energy in all one's activities.

Dear Friend:

The topic of this lesson will be the very aim and purpose of your life and every life—Success. You will not only be shown what Success actually is instead of what it is supposed to be, but you will see through these pages the fascinating process whereby its latent elements in you emerge, unfold and gradually lift you over all obstacles to that culminant throne of Power which is your rightful heritage.

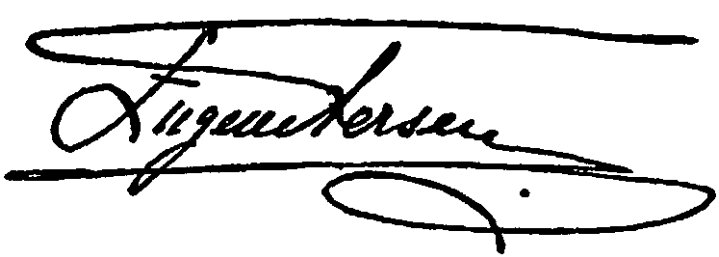
To avoid disaster, wreck and failure in your career it is necessary for you to know, like a good navigator, the reefs and adverse currents which imperil your way. That Ocean of Life which is at present nothing more than an uncharted waste to you must reveal the dangers that lurk in its depths, ready to snatch whatever heedless bark errs from its appointed course. These dangers you will be



taught how to detect from afar and how to steer your ship with a firm hand, through the channel pointed out by compass needle of the Great Law, to the desired haven of Success.

Once you have gained a thorough knowledge of the natural Laws which rule that whole vast, unquiet sea of Existence—the Laws of Polarity, of Rhythm, of Cause and Effect—the dread which looms like a menacing cloud over the near horizon of your future will roll back to reveal to you your goal. The shoals will open to let you through, and you will find yourself able to transmute at will Pessimism into Optimism, Antagonism into Friendliness, Failure into Success. Thus pursuing your course clear-eyed straight to the goal of your desire, you will become eventually what in your heart you long to be, the Supreme Master of your own Destiny.

Cordially yours,



SCIENCE  *of* BEING

LESSON FOURTEEN

SUCCESS—what a magic word! How appealing to everyone! In its syllables are caught the hopes, dreams and ambitions of all the World. To attain it means to overcome obstacles. To possess it means Mastery, Power. It is the focus of every constructive activity, the single goal toward which all the many devious paths of human endeavor tend. That is why those who have achieved Success become leaders whom the crowd is willing to follow, because they are foremost on the road to that comman destination of all.

Yet success is not only a human goal. It is the natural aim also of everything in this Universe, the one ultimate Purpose to which all life aspires. In each of Nature's infinite variety of living things are bred certain distinctive characteristics which, brought to fruition, represent Success to that particular unit in the Cosmic Scheme. To an apple seed it is the tree laden with apples; to a kernel of corn it is the well-filled ear; to the acorn it is an oak. Each enfolds an unborn destiny, but between it and the realization of all those verdant possibilities within stretches a long, hard road of struggle and achievement, a road sown with difficulties, pitted with failures and whitened with the bones of those who have fallen by the wayside and yielded themselves supinely to the bitter death of despair.



For instance, consider a seed thrown into the ground in the early spring. Entombed far from air, sunlight and moisture, helpless behind the confining walls of its shell, a tiny champion locked in a stubborn dungeon of its own, it can only wait. Within it broods a Dream—tall stalk nodding under a golden burden of grain, green tresses fluttering in the breeze, strength, honor, achievement—but from the Dream knocking about in the dull brown pellet to its realization in actual fact is a long, far cry. Will the untried Knight be able to accomplish that quest?

The opportunity is soon given it to try. Moisture, seeping down, breaks with its touch the prison walls. Upwards and downwards leap two tender shoots, seeking the fresh air and sunlight above and the moisture below. The silent battle has been joined, Success or Failure hanging on the points of those two slender lances carrying forward the Cause of the seed.

The first foe to be vanquished is the earth. Every grain of sand is a barrier to be pushed aside, every pebble a fortress to be won. The fragile weapons on which the seeds have to rely are so delicate that a touch is often sufficient to break them, yet they must cope with a crushing mass of soil and stone. However, the seed does not despair, but bores valiantly onward, conquering obstacles one by one, progressing a step at a time, until eventually



it thrusts its victorious crest through the final crust into a new world of freedom, sunlight and fresh air.

Then it has gained its first visible Success, because as long as it labored underground there was no way of marking its progress in the right direction. It has broken its way into an entirely different environment, far richer in honors to be won but also far more ominous with perils to be met and overcome.

The beguiling air of Freedom and Prosperity which now caresses the young plant, and the warm sunlight glancing like a guerdon of victory from its upright blade, dissemble unimagined treachery and menace. At any moment the trailing fingers of the wind can grip with a blast of fury to rend and destroy, or the sunbeam glitter with white fire to sear, wither and consume. Then the hard-pressed warrior must be able to call on its roots to anchor it securely against the frenzy of the storm and to send it moisture with which to ward off the flame-edged sword of the sun. If the seed has fought as good a battle in one direction as in the other, establishing itself on a firm footing and tapping a constant supply of water, it will survive and flourish; if not, it will go down in defeat and find all its efforts wasted.

Assuming that it has done its duty well, the plant, through adversity, becomes tough, pliant and wise in the



ways of a harsh and reckless world. Persistence and energy carry it onward to the fulfillment of its destiny, so that it ripens in the autumn of its life to the realization of those treasures which are both the reward of its endeavors and the measure of its Success. It stands strong and masterful, bidding defiance to wind and sun, tossing aloft its golden prize of grain, flaunting its victory in the face of the World. The Dream is fact, the quest achieved, the goal won. Yet even that is not the end.

The plant will soon die, but Success can never die. Through each of that numerous progeny of the original seed it will go on and on, increasing from generation to generation, because to each has been transmitted the same Dream of Conquest, the same power to overcome and to multiply. Therefore while individuals are the vehicles of Success, rising and vanishing under it in an advancing tide, Success itself is above and beyond the limitations which make its possession as brief as life itself.

Just as it is with plants, so it is with human beings. You also are born with your peculiar Dream, your own Purpose, and the power to overcome every obstacle that stands in the way of its realization. Success is an integral part of your nature, the stuff of which you are made; only, like the seed, it is hedged about and buried deep under



the sodden weight of outside barriers as well as inner handicaps.

Yet with you, too, every adverse circumstance of environment or nature is after all only a foil for the development of the qualities within you. From each challenge accepted, each battle won, you rise stronger, readier for the next. No matter how difficult a step may be, it lifts you one pace nearer to the coveted goal. Every constructive effort in thought, word or deed brings you so much further out of the darkness and limitations of your present surroundings into the free, open air of sunshine and prosperity, into the broad domain of Power and Success.

Many people fail because they are prone to mistake their initial success for license to do as they please. Freedom is not license. New conditions, different surroundings, while they give a much wider scope of action, also impose corresponding responsibilities. Those who disregard these responsibilities and undertake to abuse their liberty are in somewhat the same position as the plant which has neglected to root itself firmly in the soil. The very freedom they have won tears them loose and whirls them to ruin, breaking their contact with the saving current of Life Energy and exposing them to the scorching rays of a Prosperity which they can no longer control.

To enjoy a lasting victory you must remember to stay



firmly rooted in the ground of Fact, drawing from there the creative energy that thrives above. Then you will have a poise that nothing can upset or withstand. Nature is a marvelous book for those who know how to read it—a book which, opened on the page of Success, will teach you an object lesson more illuminating than all the words ever penned.

The process of achieving Success is therefore similar throughout all Nature, although the details of the struggle vary. In every path there are obstacles to challenge the development of those qualities whose full and harmonious unfoldment lifts one to the desired goal. The obstacles may differ in kind, depending on the environment and the forces that strive for expression, but all serve the same end. This disposition of affairs is the result of certain definite Natural Laws, changeless, unresting and omnipresent, discernible through as many aspects as there are lives to command them, and proceeding impersonally in the task of weeding out the weak and unfit.

The first of these Laws, the Law of Polarity, is one which works continually throughout the whole Universe. Everything in Nature has two poles, a positive and a negative one. Night follows day, cold stands as the opposite of heat, shadow balances light. No contradicts Yes. In every department of Existence a positive factor implies a



corresponding negative one, like a see-saw which goes as far down at one end as it goes up at the other.

You have probably noticed the peculiar working of this Law of Polarity in your own life. You have been uncomfortably aware that whenever you make a positive statement, immediately there seems to arise from some unseen and mysterious depths the silent opposition "No!" which very frequently outweighs your positive intention and takes its place. Perhaps you have tried to dismiss the feeling on the ground that it is merely a superstition unworthy of a person of your intelligence and education, but if so you did your own observation an injustice. What you noticed was not any weird "Black Magic" at all, but was simply the very logical operation of a Law of Nature which you happened to put into action.

The expression of this same Law through other individuals does not at all appear to you as superstition; in them you heartily condemn it as Perversity. You tell a person to do something, and thereby you seem to stir up in him an invincible resolve not to do it, or even to do exactly the opposite. Mules and goats illustrate the same traits most admirably. A child, when told not to do a certain thing, is at once consumed with a burning ambition to go and do it. Among ladies secrets are notoriously hard to keep, because the solemn injunction "Don't tell" seems



absolutely to drive it through their lips like a charge of explosive.

Further still, you have doubtless remarked that whenever you will pursue a definite course of action, every conceivable obstacle arises to block your path, while at other times an equally firm pledge not to proceed in a particular way is followed by a change of circumstances that practically herds you into it. An evil force seems to compel you into the course in which you especially did not want to go, and to thwart and rebuff you in every direction. An evil force? No—simply the Law of Polarity or Opposition getting in its work.

Ignorance of this Law has always been a teeming source of superstitions, from the most benighted savage to the highest civilized society. Typical of these is the singular aversion to black cats, a rather reasonable distrust of ladders, a divining significance in the set of a pin and the efficacy of wood as a de-magnetizing agent for evil influences. Why do people dislike to receive compliments on their success in business, or why do they "rap on wood" when they inadvertently assert some projected piece of work as a fact to be already taken for granted? Because they have observed that they usually have to pay the price for such compliments in unexpected mistakes, difficulties and delays in the very direction in which it was given.



They anticipate the effects of the Law of Polarity without really knowing what it is.

Yet if one understands the Law of Polarity one can avoid its negative effects in a rational manner instead of blindly trying to dodge some non-existent "evil eye." All that is necessary is to identify oneself definitely with the Positive by mentally contacting Universal Life Energy before a statement, and then to protect that statement still more by silently KNOWING, or realizing within oneself, that "with the help of the Great Law such a thing will—or will not—be done." Either of these two methods alone will give satisfactory results, because both Universal Life Energy and the Great Law are the pure essence of the Positive and as such are superior to all negative, which cannot stand for a moment against the constructive Power of the Infinite.

It is thought by some that all trouble can be avoided by being neutral in your statements, but this is an undesirable method. Neutrality means Inertia, which is a condition as barren as death. Why sacrifice the creative power of a definite, positive statement merely to avoid trouble? Rather, cast the weight always in the scale of the Positive. Cultivate optimism. Enlist the driving energy of the Positive in everything you do, because the more you



attune yourself to It the more you will be able to rise above the Law of Polarity in your life.

When you have learned to rely confidently on the Universal Power instead of on your own limited human forces, you will find that there is no longer any possible opposition to what you think, state or do. Then you will have overcome the Law of Polarity so far as our present state of consciousness permits.

The second Law which sways the destinies of human beings to an exceptional extent is the Law of Rhythm, which operates in conjunction with the Law of Polarity and is in fact the same Law under another and more momentous aspect. The Law of Polarity can be likened to the second hand of a watch, ticking off the individual events of your life, while the Law of Rhythm is the minute hand which sweeps down and up in its majestic circuit, summing up in its progress all the flying fractions measured out by its busy associate.

This generous rhythmic swing you may have observed in your own experience and that of your friends. There will be periods of long or shorter duration when everything works out swiftly and harmoniously to a splendid conclusion. Every project is blessed with favoring circumstances which boost it on its way, and whatever you undertake spins serenely up the highway of Success. On the other



hand, also, there occur periods of depression when anything commenced seems doomed from the very beginning to failure. People attribute these alternations to good or ill luck, but in reality they are due to the Law of Rhythm, which on its upward trend lifts you to the heights and then drags you down on its return movement.

This Law is so powerful that human beings appear to be quite helpless before it. It pervades all Existence, manifesting itself on the largest scale just as irresistibly as it does on the smaller one. The entire progress of Evolution is charted by its ebb and flow no less than is the life of the individual. Nations, races and peoples are strung on it like so many beads on a wire, so that with its ascending movement empires are built, countries arise, dominance shines through a people, while with its downward swing glory fades and empires crash to ruin.

But although the operation of this Law on the larger scale through the human race is really beyond any control, it nevertheless can and must be overcome in the individual if Success is to be achieved. Successful people are those who, through energy and optimism, were able to master it unconsciously, at least in its negative aspect. Yet few people possess by nature the unusual strength of character and positiviness necessary to assert that mastery, and as a



result the majority of human kind never see their aspirations realized in their lives.

However, one recourse is available to everyone whereby to win free from the destructive influence of the Law of Rhythm. An intelligent and persistent use of Universal Life Energy is an antidote as invincible in this case as in all other negative conditions. It stimulates your inner qualities, giving you the perception to recognize the upward trend of the Law, and the strength and confidence to take decisive advantage of it.

Then you know how to fling yourself heart and soul into every opening, and how to rise to the highest possible goal on the forward surge of the wave. You are equally quick to perceive the subsidence of that wave of Success, and are able to consolidate your gains before it falls from under you. This understanding, together with the supporting power of Universal Life Energy, renders you immune to both discouragement and failure.

The problem faced by the individual is most vividly and accurately portrayed in that faced by a swimmer in treacherous waters. The waves on the ocean are the result of the Law of Rhythm operating on the physical plane precisely in the same manner as it operates in your life. Above is the upward and forward surge of the wave, concealing a strong movement beneath it. This reserve move-



ment is called the undertow. It is energy which, passing below the surface of the water, lifts it to a certain height, much as a chance puff of wind might slip underneath a table covering and lift it along its length. The water itself does not move from place to place, but simply molds in a sliding ripple the wholly unrelated current of energy beneath.

Your task is to stay on the crest of that advancing ripple. To ride forward on it means to be carried to greater and greater Success; to lose it and drop into the hollow behind means failure. Steadiness of activities, perseverance, optimism and a persistent assertion of the Positive through the use of Universal Life Energy are the aids which will enable you to hold your position on top and collect the richest rewards from its forward and constructive movement.

The secret of permanent success is in knowing when to stop. Many people whose activities are of a spasmodic nature wonder why they seem only to "hit the high spots" and never stay there. They are always poised on the peak of Success or wallowing in the abyss of Failure, swinging back and forth between the two and striking a very mean average.

The reason is that while they had the energy and daring to take advantage of the upward trend of the Law of



Rhythm, they did not know how to anticipate its downward sweep. They forged vigorously ahead with new projects and expansion when they ought to have devoted their talents to consolidating what they had gained. In consequence they were left hanging in mid-air, struggling vainly against the crash which was bound to come.

An intelligent adjustment of activities to circumstances is necessary for continued success. One must know when to go ahead and when to hold up, when to push an advantage and when to stop. Those who have made a Success of their lives have learned through hard experience to do this; and if they were able to succeed through sheer energy, positiveness and perseverance, without any real knowledge of the Law of Rhythm with which they had to contend, how much easier it ought to be for you who know the cause of the trouble and how to overcome it.

This knowledge of how to accommodate yourself to the Laws of Polarity and Rhythm is a wonderful help in business of any kind. Finance, salesmanship, barter of all sorts,—all are victims of these Laws of which a proper understanding opens up limitless new fields of action in every direction, because through understanding, the limiting factors of risk and uncertainty will be largely eliminated.

To most people a new project is always a step in the dark. Life is like an open grand piano with the wires ex-



posed, and the hopeful novice, striking a key, takes a chance that the right hammer will jump out to strike the note he wants. Sometimes he guesses right, sometimes not. But if he knew the mechanics of the piano he could say with confidence, "This key will transmit my blow to that particular wire and sound the note I wish," because the relation would be clear to him.

A chart of stock market quotations, real estate, commerce or any industry will trace out in black and white the operation of these Laws through them. All are subject to fluctuations that recur periodically, and all are therefore rich in opportunities for those with eyes to see and the energy to take advantage of them. Once armed with a knowledge of those Laws you are able to carve a sphere of activities as great as your desires out of your environment.

The continual use of Universal Life Energy by the student of Science of Being will strengthen him to wield that weapon of Knowledge to much greater effect. It will sharpen his perception, render all his faculties more acute, and carry to him the pulse of events so truly that he will be able to forecast unerringly conditions presently to be realized in material fact in his own affairs. Thus he will detect the upward trend of the Law in time to profit most



fully by it, and will anticipate the downward plunge with the needful precautions.

Inability to perceive the rhythmic ebb and flow of these Laws is the only excuse for the modern complaint that "all the good things have been snapped up." All the good things have always been snapped up, yet the human race has clambered on pretty consistently somehow.

As a matter of fact, life was never richer in opportunities than it is at present, and those who will absorb and apply what they are given in this Lesson will be able to see and grasp them. There will always be those whom repeated failure, brought on because they did not have the acumen to switch their activities at the right time, has taught them to look askance at inviting opportunities, but that timidly vanishes if you know how to pick out your course ahead.

One general rule should be observed whenever you intend to invest money. Make the contact with Universal Life Energy first, and when you feel Its Current flowing through you try to sense from It the proper course on which to proceed. Bring all the possibilities to the test of that searching Force, and ask of It the silent question, "Must I proceed thus and so or must I not?"

If you have properly contacted the Universal Power, Its effect will be to establish in you Its own perfect peace



and harmony, stimulating and coordinating all your faculties and clearing away discord. Then the faint voice of your intuition, usually drowned out in the harsh clangor of your mental activities, becomes audible to you and warns you of any pitfalls or dangers which beset your path. This guiding voice, tolling you onward as it echoes ahead along the path in which it is right for you to go, is the so-called "hunch" to which so many of the great owe their success.

Those who will marshal all their ambitions and efforts behind their knowledge of the Laws of Polarity and Rhythm, who will assort and adapt their activities to the fluctuations induced by these Laws, and who will above all charge their endeavors with Universal Life Energy and point them according to the unerring voice of Intuition, will achieve Success rivalling their fondest dreams.

The third and final one of the three dominant Laws affecting human progress is the Law of Cause and Effect. There is prevalent a belief that people are mere puppets of Fate, bunted hither and yon without being in the least consulted as to their own desires in the matter. In other words, the individual is supposed to have no free will of his own and no hand in the molding of his future. This is the man-made theory of Predestination, which maintains that no matter how much one may strive to succeed in a



certain direction, it is effort wasted if his destiny is to fail, and vice versa.

This theory arises from Ignorance of the Law of Cause and Effect, which in reality opens to Mankind the unbounded opportunity to create whatever future may be desired. The Law of Cause and Effect, working with mathematical precision throughout all Nature, decrees that for every Effect there must be a corresponding Cause, and vice versa. Therefore nothing exists in all the Universe without a reason, and the apparently meaningless chaos of visible Effects are simply the material evidence of most exactly ordered Causes, none the less operative because they are not seen. There is no such thing as Chance, no remotest possibility of a haphazard occurrence without any Cause whatever, because everything and every event has its place in the cosmic scheme too perfectly ruled to permit of the least infraction.

In spite of this there are always people who imagine that the World is in a lawless condition, and they can "get something for nothing,"—plant weeds and gather wheat. That is utterly impossible. Like invariably produces like as a direct result, whether it be seeds or actions. If you sow honesty, energy, intelligence and all positive qualities, you will sooner or later reap a corresponding harvest. If



you sow negative causes you will most inevitably reap the thistles of negative effects.

Every individual is therefore the author of his own Destiny, whether he likes it or not. Through the causes he starts he shapes his future to a corresponding end, good, bad or indifferent. He can do it unconsciously and risk the result, or he can acquire an understanding of how the Law works and then take advantage of it intelligently and purposefully. That is, he can obtain a Destiny by accident or by design.

The most welcome advantage of the Destiny by design is perhaps the greater ease with which it is acquired. Knowledge of the Law of Cause and Effect strikes off the shackles of Worry and Fear, leaving you to direct all that wasted energy into constructive channels. You know that whatever Cause you have started will culminate in its own unchangeable Effect, no matter what you may do to prevent it. Therefore if the Cause was a right one you have no excuse to think further about it, while if it was a wrong one you cannot worry it a single degree out of its appointed course. All you can do is to take it into your calculations for the Future.

Therefore abandon Worry, which can only disintegrate your own faculties by draining away your energies, weakening you in every direction and making you an easier prey



to the very negative you dread. Devote yourself to starting new Right Causes NOW, to neutralize the evil present effects of wrong causes out of the Past. The sooner you do so the sooner you will change your life from an unhappy, burdensome routine, full of disease, failure and trouble of every kind, into the healthy, buoyant, happy pilgrimage, full of strength and constructive activities, sparkling with interest, vibrant with power, that you actually desire it to be.

Impatience to realize immediately the Happiness to which you aspire will not hasten its coming. Remember, the Law of Cause and Effect cannot be skipped over or evaded. The negative causes of other times must come to fruition before the positive ones of today. You can clear a muddy stream by introducing clean water at its source, but the old corruption must run its course before its place can be taken by the clear current.

Very often, especially with people in whose lives the negative has been overwhelmingly present, a right action seems to bring down on the head of the individual a very unpleasant result instead of the expected positive one. It appears to be like a punishment for a right action, and it may occur a number of times, all the more forcefully if Universal Life Energy has been used in performing the right action.



The reason for this seeming contradiction is that around an individual whose life has been full of sorrow and trouble hangs a dense cloud of that negative, enveloping him completely. A Right Cause discharged into that cloud, reinforced by Universal Life Energy, causes a sudden precipitation of the evil there. Such precipitation would have come anyway, but not in such abundance; so that abrupt rain, while very unpleasant, is nevertheless a good sign. It indicates that the negative fog is being rapidly dispersed, breaking away to let in all the sooner the bright sunshine of Positive Effects from Positive Causes that have been sent out. Therefore while the use of Universal Life Energy intensifies for a time negative conditions, it also greatly shortens their duration.

If you are going through such an experience do not despair, but be cheered by the realization that the Law is visibly working in this manner to change your Destiny for the better. When you alter your own outlook in this manner, banishing the darkness of pessimism in the bright light of optimism, you have taken a great step toward the Happiness and Success you seek. "Like attracts like," and the inviting warmth of that constructive attitude in you will draw into your life the lustrous reward to which you aspire. Then failure, that bad memory of the past, will melt away like a shadow before the dawning reality of



present Success. Enmity will crumble before you, indifference crystallize into respect, and even hatred will be transmuted at length into Friendliness and Love.

EXERCISES

The performance morning and evening of the Star Exercise, Relaxation, Silence and Concentration, together with the continual use of the Mental Contact with Universal Life Energy at all times, are the usual necessary preliminaries to the new Exercise designed for this week, and which is called REALIZATION.

The purpose of REALIZATION is to breed a wealth of new ideas in any specific line of thinking and thus furnish you with ample material to project into constructive fact. For example, you may desire to improve and expand your business, to perceive practical ways of enlarging it and promoting a greater volume of trade. Or you may wish to improve some other department of your life, because in every aspect of human activities there is always room for improvement, accelerated progress and growth, with a corresponding increase in power and returns.

As the object of your Concentration Exercise, therefore, take this week that activity in which you want to uncover new ideas. The ideas are there in your mental ground, but in order to bring them within reach you have to dig for them. The more you concentrate on the sub-



ject in mind, and the more effectively you put Universal Life Energy behind that work, then the more you are probing into your mental soil and unearthing the wealth of new ideas lodged there. Writing these ideas down as you discover them will be a wise precaution, as otherwise you are apt to forget them.

When you have selected a sufficient number of ideas to form a creditable working basis, they must be submitted to your conscious faculties for examination of their possibilities. Those that survive the critical analysis of your Reason will be sound mental metal, constructive and of a great value both to you, and to others.

Remember, nothing commands a higher price among Humanity than good ideas. They are actual mind treasures which will be accepted at face value everywhere. Your unfailing bank account is in your head if you will only take the trouble to draw on it.

A student of the Work recently put this to the test with most satisfactory results. Through the method just described she obtained an idea for a moving picture play, which she wrote out and submitted in a prize contest of thousands. Her idea won the competition, bringing her not only a considerable cash prize, but also a large royalty on the completed picture, which became famous throughout America. Yet this student had never before done any



sort of commercial writing, and she had, besides the reward in cash, the unusual experience of seeing her first attempt crowned with the most extraordinary success.

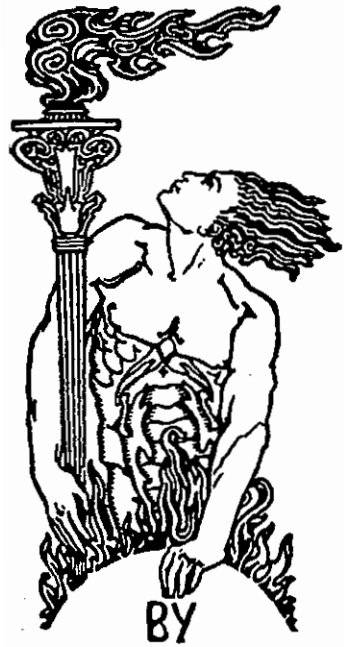
QUESTIONS

1. What is Success?
2. Is it restricted to any special department of life or activities?
3. What purpose is served by the obstacles in the way of its realization?
4. What are the two natural Laws most intimately related with Success or Failure?
 1.
 2.
5. How can the individual perceive and take advantage of these Laws?
6. What exceptional advantage does a knowledge of these Laws confer in the business and financial world?
7. What is the Law of Cause and Effect?
8. Is the theory of Predestination correct?
9. Can man build his own Destiny?
10. Is there such a thing as blind Chance?
11. How can the negative aspects of all the above three Laws be avoided?
12. What two human qualities are essential to achieve Success?

LESSON FIFTEEN

"KNOW THYSELF AND THOU SHALT KNOW ALL"

SCIENCE OF BEING



BY

EUGENE FERSEN

COPYRIGHT 1927
By Eugene Fersen

ALL RIGHTS RESERVED

PRINTED IN THE U. S. A.

SCIENCE of BEING

ANSWERS TO LESSON FOURTEEN

1. Success is:
 The actual realization in the life of the individual of all inborn possibilities.
2. Success:
 Is not restricted to any special departments of life or activities, but is the single Aim and Purpose of all Existence.
3. The purpose served by obstacles in the way of its realization is:
 To bring forth and develop by adversity the qualities through which alone the individual can achieve Success.
4. The two Natural Laws most intimately related with Success or Failure are:
 1. The Law of Polarity, or Opposition, which is that everything in Nature has two poles, a positive and a negative one, each the exact antithesis of the other.
 2. The Law of Rhythm, which is the expression under another aspect of the Law of Polarity, and determines the rhythmic ebb and flow of life and activities throughout all Nature.
5. The individual can perceive and take advantage of these Laws:

Copyright 1927
Eugene Fersen



By the use of Universal Life Energy to stimulate all his faculties and make audible to him the voice of his own Intuition.

6. The exceptional advantage conferred by a knowledge of these Laws in the business and financial world is: That it enables one to eliminate risk and error by anticipating events, and thus opens to one much wider spheres of activity.
7. The Law of Cause and Effect is:
 That in all the World every Effect is of necessity the product of a corresponding Cause, and every Cause has its corresponding Effect.
8. The theory of Predestination:
 Is completely wrong, and arose only through ignorance of the Law of Cause and Effect.
9. Man:
 Is able to build his own Destiny, through intelligent use of the Law of Cause and Effect.
10. Blind Chance:
 Is impossible, as no Effect can possibly exist without a corresponding logical Cause behind it.
11. The negative aspects of all these Laws can be overcome:
 By the continual use of Universal Life Energy.
12. Two human qualities for achieving Success are: Optimism and Perseverance.



Dear Friend:

Other Lessons have equipped you with a full complement of tools to carve out your Destiny in the stubborn material of this World, foremost among them being that marvelous instrument fashioned by your Conscious Self, the Concentrated Thought. Now, in Lesson Fifteen, will be placed at your command the Power by which this waiting implement must be thrust into the Substance of the Physical World and made creative in terms of solid fact. You will learn how to pour into constructive expression through it the Magnetic Force of Universal Life Energy, and how to make it a living center of attraction for the very elements it needs for realization in your life.

Here also will be unmasked those foes of constructive effort which Fear sends out to bar the road between your inner domain of Mind and the outer plane of Matter. Timidity, Indecision, and Procrastination, dangerous pitfalls in the way of your pilgrim concepts, will be exposed and the methods explained for eliminating them altogether.

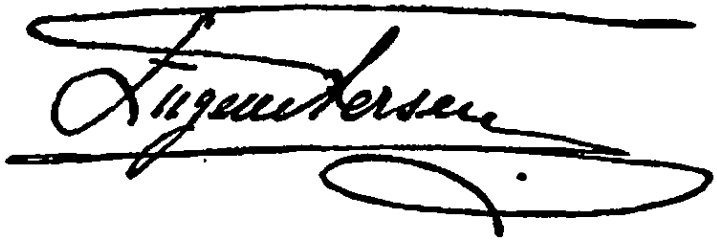
Finally, Suggestion and Auto-suggestion, which are so widely practiced and so superficially undersood today will be analyzed and revealed to you in their true light. You will perceive the moral threat they conceal so deftly behind a specious curtain of effects, and will be able not only



to protect yourself from their baneful influence, but will know how to obtain in enduring fact the results to which they simply seem to aspire.

The vital importance of this Lesson will be that it endows you with the power to exercise intelligently and with full effectiveness your mental qualities. It will bridge the gap between the mental and physical aspects of your nature, and will open a broad way for you to bring down from the distant plane of Mind into actual realization your abstract thoughts and ideas.

Cordially yours,



SCIENCE of BEING

LESSON FIFTEEN

THE creative power of the Concentrated Thought is the beginning and the end of all constructive mental activity. It marks the border line between abstract concepts and their embodiment in concrete, living facts. Most people, especially the so-called mental types, do not possess the creative power strongly enough to bring down to the Material Plane their abstract concepts. Their thought is sterile, because they themselves are empty of the constructive Energy from which Mind as well as Body must draw its positive force. Consequently they are as impotent to attract on the Physical Plane the opportunity to realize their concepts as they are physically incapable of taking advantage of it.

Thought, in order to be creative, must live. Just as the body of a new born child, with all its undeveloped possibilities for growth and unfoldment, must have within it some center of animating power which will drive those possibilities into expression, so your thought must contact some secret spring of action which will invest the listless form with life and make it an active instrument for the accomplishment of its design.

The cold ray of your Mind cannot impart to your concepts this vital current, any more than the cold light of the



moon can stir a seed into growth. It can project, like shadows, the ideas which float past the lens of your Conscious Self; but the only Living Principle which can implant in those shadows the germ of life and make them real independent, magnetic entities of some consequence in the scheme of things is the one common Source of all animate being, Universal Life Energy.

Mental concepts become creative in direct proportion to the amount of Universal Life Energy with which you endow them. The more Life Force you pour into your Concentrated Thought, the greater power of attraction that thought will be able to exert in order to draw to it the very elements for its realization on the Material Plane. From mere aimless spectres drifting across your mental firmament, your concepts become fixed units of dynamic energy, thrusting out capable, searching fingers into the passing stream of events. They enter actively into the current of your life and work constructively to mold circumstances to your advantage.

Obviously, in business and in human relations in general, the individual with the strong creative thought is the one who wins. His idea is the magnetic center about which cluster the thoughts and interests of others whom he enables to see the same possibilities through his own mental eye. As the host of that attractive concept, he be-



comes the focal center, the point through which it is to be thrust out into realization, and is naturally in the position of leadership. Very frequently this normal crystallization of circumstances about one individual is attributed to suggestion or persuasion, but after all it is nothing but the natural response of less energetic minds to the stronger radio-activity of another.

Therefore whenever you concentrate your mind upon some object to be achieved, use Universal Life Energy to impregnate thoroughly the inner image conjured up by your Conscious Self. Your thought, so permeated, becomes actually a living thing, a seed which, wherever planted, will grow and produce a lasting impression. This is the secret of why the thoughts of some people impress, while those of others do not. Mental concepts, to strike with conviction, must be driven forward by that impelling Force, which can be injected into them as follows:

Relax, enter into Silence and make the Contact with Universal Life Energy. Then, when you feel Its Current flowing through you, concentrate your mind on the object you are interested in achieving. Let that Power pour strongly through your thought channels to the support of your mental activity, so that It etches out on the screen of your Consciousness a picture so vivid and distinct in every detail that you can actually visualize it.



Once you have brought your concept into clear focus, do not project it from yourself as if to impress others, but discharge it instead into your own Subconsciousness according to the method decribed in Lesson Twelve for learning things by heart. Remember, you are working now with a Power which functions only when relaxation provides It with adequate channels, and your purpose is to attract, not compel, the opportunity you desire. If you indulge the temptation to use your Will at this point you automatically close the channels within you and shift your reliance from the unlimited Energy of the Universe to the very limited and undependable powers of your own mind.

When your concentrated thought, charged with Universal Life Energy, is allowed to sink into your Inner Self, it is conveyed from the brain along the spinal cord to the Solar Plexus, where it produces an impression upon the Subconsciousness. This initial impression is only the first step in a mental campaign to bring about its realization in fact. It blazes a neutral trail, so to speak, between itself as the magnetic nucleus at one end and your Conscious Self at the other. Therefore by repeating this process day by day at a certain time selected for that purpose you pour over the connecting line within you an increasing torrent of Life Force which stamps the image continually deeper



in your Subconscious Field and radiates from it an ever more powerful stream.

The result of all this will be that your Concentrated Thought, like an electric magnet fed by a stronger and stronger current, will gradually extend the field of its influence so that it contacts and draws within reach all the corresponding elements for its actual embodiment in material expression. Environment and conditions will subtly modify themselves in response to the insistent pressure put upon them, and will eventually open a way for the birth in accomplished fact of that inner concept working through you.

Yet the creative thought itself, although it can produce the right combination of circumstances, cannot proceed further by its own initiative. Its function is completed when it has brought within your reach the opportunity to realize it on the plane of Matter. It cannot skip from the Abstract into the Concrete without any intermediary process, any more than you can think a ten dollar gold piece into your pocket. You can think of a way to earn a ten dollar gold piece, but between you and your possession of it stands a barrier which you cannot dodge or jump—Work.

Work is the activity of giving physical birth to a mental concept. It consists of welding the elements and circum-



stances attracted by the concept into its image and likeness on the Material Plane. The thought of a building is habitable only when it is erected in brick and stone. The thought of a bridge will carry you dryshod across a river only when it is wrought in steel and iron. The thought of a political speech will sway a nation only when outlined in sound or ink.

The individual, therefore, has two opposite shores to his nature from which he must build out simultaneously in order to span the gap between. On the Mental shore stands the concept demanding expression; on the Physical shore stands his own body. The warm sun of Universal Life Energy, shining equally on both, expresses itself through the concept in a magnetic and harmonizing Power which flings out to mid-stream a semi-arch of Opportunity. Through the body it emerges as constructive activities which go out to meet that waiting Opportunity. The two are joined in the middle, and the keystone of the entire structure is Work.

From this will be perceived the fallacy of depending on either the Mental or the Physical Plane alone for the attainment of ambitions. Those who believe that by desiring a thing strongly they can obtain it without any physical effort whatever are doomed to certain failure. Also those who strive valiantly but without intelligence



can never gain any appreciable headway. Achievement and Progress result only from a proper combination and co-operation of the two.

All the obstacles and difficulties which hinder this fruitful cooperation come from a lack on one plane or the other, or both, of Universal Life Energy. The Body is an alert and responsive tool of the Mind only as it is animated with an abundant current of Life Force. The Mind is able to wield that tool easily only as the same Power endows it with the capacity to do so. Lack of physical vitality makes the individual a weak and ailing victim of all negative influences. Lack of vitality on the Mental Plane generates most of the negative influences of which he is the victim.

Characteristic of these are Timidity, Indecision, Procrastination and all associated weaknesses. All are in effect merely the flabby yielding of an enervated mind to the force of circumstances, and all are comprehended in the single term, Fear. As stated in Lesson Twelve, Fear is a feeling of helplessness or lack of power in the face of adverse conditions. Therefore it is the fundamental cause of the specific symptoms now under consideration.

The cure for these symptoms naturally lies in the cure of their cause. Those who know how to contact an abundant supply of Universal Life Energy are never cowed by



any situation which confronts them. They possess a poise which nothing can disturb, and which they obtained not as the result of a laborious and complicated process of bolstering up the weak places one by one, but through a sweeping elimination of all together. There is no room in them for Fear, because there is no inner vacuum from which it can exert its paralyzing pressure.

Occasionally a superabundance of Energy may impel one to "jump at conclusions" and perhaps come to a wrong decision. The upward surge of Vital Force through every available channel is so strong that it must burst into expression one way or the other. The individual, far from hesitating, is literally driven into taking a decision which the outcome may give him reason for regret.

Such circumstance is an error on the positive side, yet is infinitely preferable to the negative course of avoiding any decision at all. Failure to decide means Inertia, a condition as barren of results and as unsusceptible of change as Death itself. Any activity, even though wrongly directed, is better than that, because not only will mistaken action be in any event an instructive experience, but it is always subject to modification from wrong into right.

The reason why even this somewhat excusable error is less common than the greater crime of Inertia is because of the most subtle and pervasive of the three negative in-



fluences previously mentioned, Procrastination. This is a sort of mental safety valve through which any surplus steam you might generate leaks away unusued. It means putting things off until some future time when, supposedly, you will be better qualified to do them. "Tomorrow" is its watchword, and "Tomorrow," as everyone knows but seldom bothers to admit, never arrives. Neither does the decision.

Therefore whenever you are confronted with a task to which you think you are not equal at the moment, that is a challenge which you cannot afford to ignore. Make the Mental Contact with Universal Life Energy and proceed to master the situation without further delay, because if you yield to the temptation to "put it off" you are beaten before you know it. You have at your command ample Power through which to assert once and for all your dominance, yet if you fail to make use of it when the time is ripe you will find it increasingly difficult to gain victory later.

Much is written and taught today of the Power of Suggestion as a means for overcoming not these limitations, but all others of a physical and emotional nature as well. Therefore Suggestion deserves a critical analysis from the point of view of the Knowledge imparted to you in



these lessons, and as a result of that analysis should henceforth be left severally alone.

In the first place, Suggestion is a purely mental exercise, and is therefore subject to the same limitations and disadvantages as Mind itself, and in the same degree. The instrument through which it works is the human Will, and it is strong or weak in proportion as the Will is strong or weak. As a cure for ailments which result from the weakness of the same Mind on whose strength it must depend for its own efficacy it is therefore totally inadequate, yet as a temporary alleviation it is sometimes as miraculously effective, and as dangerous, as a powerful drug.

Suggestion consists of the imposition of one Mind upon another through the force of the Will. Auto-suggestion is the same process applied to one's own Subconsciousness by his Conscious Self. Both are mild forms respectively of hypnosis and self-hypnosis. The mechanics of their operation is through affirmation or repetition, whereby the desired thought is pounded into the Subconsciousness of the individual until he automatically reacts to it.

The singularly vicious and destructive nature of this process is apparent when you consider that it completely paralyzes the department of Mind through which every individual achieves his own independent expression, the Conscious Self. That is, it robs one of his own identity



and implants in him a false one fashioned in accordance with the desire of the operator. Instead of disclosing as through a clear glass the true inner Individuality which is himself, the victim reflects like a mirror the false image flung there by someone else. He is no longer a free, self-reliant entity, author of the particular Destiny that is his, but is a mechanical puppet jerked by the strings of another person's promptings to do that other person's Will.

Your whole independent existence hinges upon the three conscious guardians of your Subconscious Mental Field, Reason, Will and Common Sense. When your rational mind rebels against the intrusion of alien ideas, those ideas are jammed past the opposition of your Will by the stronger and more determined Will of the operator. Your defenses are broken down, and instead of you planting the seeds of your own activities in your Subconscious soil, the other individual plants the seeds of activities conceived by him. In other words, through the unguarded door of your Mind he sows the crop that you will grow and reap for him in your life.

Therefore of all moral offenses Suggestion is one of the worst, because it robs people of their most valuable rights, personal freedom and self determination. Yet unconsciously it is employed all the time throughout the whole structure of human relations, and is even deliberately urged as



a desirable means to achieve your ends. You can probably pick out of your own experience numerous instances where you have succumbed against your will to the stronger mental influences of another. Often you have done things which you otherwise would have refrained from doing, and afterward have hated both the other individual for putting forth the suggestion and yourself for yielding to it.

Your supreme interest should be always to preserve your mental freedom. Station your conscious faculties, forewarned with Knowledge and forearmed with abundant Life Force, securely at the door to your Subconscious Self, ready to bar from entry every thought which your Reason condemns as unfit.

This does not mean to develop an antagonistic and suspicious attitude, which is simply a cleverly disguised form of fear and betrays you into the very condition you wish to avoid. Everything has a right to demand an audience with your Rational Mind, but your Rational Mind must have the poise and Discrimination to estimate truly its value or fitness to obtain admission. Only by exercising that power of Discrimination can you bring forth its associate activity of Self Determination, thereby establishing the moral independence which is your right. The more you use and strengthen these conscious servants of yours, the



broader and freer you will become mentally, and the more efficient and powerful you will be in life.

Auto-suggestion has effects quite as undesirable as Suggestion itself, and its continual practice is bound to reduce very materially the efficiency of the individual. Repeated affirmations which do not bear fruit in realization by the Conscious Self eventually deaden the Subconsciousness, just as an incessant series of blows will numb into insensibility any portion of your body. The cumulative effect of that persistent hammering, always falling in monotonous repetitions on the same spot, is far more destructive than one severe shock which would stun, but not kill.

This effect is very noticeable in those who have become confirmed addicts to this mental drug. It is a well known fact that subjects of Suggestion or Auto-suggestion are mentally sluggish and lacking in the buoyant alertness of a healthy and normal Mind. Dependent as they are on that unnatural stimulant, they require an increasingly powerful dose of it each time in order to react at all. The dose they take may flog them into temporary activity, but it also flogs out of them a measure of the strength and resistance they have left.

That is why Suggestion invariably fails to effect a permanent cure of physical or mental ailments. It feeds on



the energy of the individual; so that as it gets stronger and more pronounced in its reaction, the individual himself gets weaker and less resistant to the trouble which he is trying to cure. Thus every convalescence induced in this way is merely an easy stepping stone down into the grave.

Clearly, therefore, positive suggestion can never actually eliminate a trouble of any sort. It can suppress a negative condition by laying over it a thin shell of positive statements, but that negative condition, like water under ice, will grow in power as it is fed by the springs of evil below. Soon or late it will burst in a turbulent flood through the wall that can no longer restrain it and will spread its accumulated poison throughout the life of the individual.

Sometimes this process may take years to come to a head, but the penalty it will exact for the delay will be great in proportion. Evil not eliminated is evil growing in strength, a magnetic center of disturbance into which pours all negative matter of a similar nature. In the end it must break out, the more acute as it has been longer postponed. It would be much better to take troubles as they come and let them run their course as they trickle into your life than to build a barrier behind which they can collect and pile up affliction for you.

Suggestion and Auto-suggestion, therefore, are both



superficial and dangerous. Sometimes, especially with weak characters, they produce instant and seemingly miraculous results, yet those results are very temporary and bought at a heavy price. But through scientific mental methods, which are based on the Eternal Fact of Mankind's Fundamental Perfection and possession of all Powers and Qualities, though usually in a dormant condition, the genuine permanent cures of which these interesting tricks of the Mind can conjure up the appearance, can be obtained.

Every human being is endowed from birth with the full measure of Strength, Wisdom, Health, Wealth, Success and Happiness. They are ingredients of that Perfection to which your life is dedicated. But in order to bring them out you must first realize their existence as inherent Powers within yourself, and then take logical steps to transmute them into actual accomplished Fact in your life.

Creation of something new, in the literal sense of the word, is not within the power of any human being. You can alter the arrangement of existing things in a way that will react to your own advantage, and unite them in any new combination your ingenuity may devise, but you cannot add one atom to the Material Cosmos. It is already complete and perfect. Similarly, by developing your inner qualities and powers you uncover more and more



of the perfection within you, thereby obtaining a better perspective and a broader view of the Material World in which you live. The possibilities you are able to see, and the use you are able to make of them, will be determined by the corresponding degree of development and unfoldment in you.

Your problem is therefore to thrust back the curtain of human limitations which hides from you all but a small section of your inner perfection. Those limitations are human products, manufactured out of perversions of the Truth by your human mind, and are self-imposed negative restrictions. Yet no negative can withstand the invincible strength of Truth and its pure essence as an Aspect of Universal Life Energy.

Use Universal Life Energy in realizing the boundless wealth of qualities within you, and send into them the vitalizing current of that Positive Force. Let It pierce the veil of negative behind which they slumber, startling them into life and sweeping them into an irresistible natural development which nothing can stop. With that Power surging up within, pouring into an ever more abundant expression through the qualities It awakens, you are borne forward over every barrier to that great Heritage which is yours from Eternity, as it is the Heritage of every mortal being.



You, like everyone else, are at present the victim of a gigantic conspiracy built up by Humanity against itself from the very beginning. That conspiracy, the first evil fruit of Mind, is the suggestion that you are a creature apart, that you are separated from the inner perfection which is in reality yours and that your salvation now lies through Mind alone. The whole environment into which every generation is born is ribbed with this erroneous belief, so that they conform to it as to a mold and accept it as an established truth. Thus they rob themselves of the very qualities and powers which only a free and natural development can unfold.

As the whole limited state of Mankind is therefore due to that one false suggestion, obviously you cannot hope to win release from it by clouding your intelligence with further suggestions. It is necessary to get rid of that initial suggestion in the first place, and stay clear of any new ones in the second. Complete mental freedom and liberation from all kinds of evil can be achieved only if suggestion in all its forms is completely avoided.

Universal Life Energy, freely used and intelligently directed, is the sole Power which can and will bring into realization in your life the boundless fund of hoarded possibilities within you. Abandon mental narcotics which, while they stimulate for the moment, sap your strength



and betray you to certain defeat and disillusionment. To rely on suggestion is to rely on your fallible human mind; to rely on Universal Life Energy is to rely on a Power to which Mind is subservient, and which does not permit error. A positive suggestion can be negatived by a counter suggestion which will cut away the ground from under you and leave you bereft of whatever results you may have obtained. But any constructive achievement, any positive result obtained through the use of Universal Life Energy is permanent and impregnable to the assault of any negative, because it is sustained by the One Supreme and Positive Power which governs All.

EXERCISES

The regular performance morning and evening of the Star Exercise, Relaxation and Silence, together with the continual Contact with Universal Life Energy and Concentration, will comprise the basic preparatory activity which will be poured into the channel of the new Exercise for this week, VISUALIZATION.

VISUALIZATION is the process of so emphasizing the particular object of your concentrated thought that it glows richly out into a convincing semblance of reality upon your mental vision. From a transparent and ghostly outline it must condense into a clear, full image, distinct



in every detail and warm with a lustrous fund of abundant life, which burns it into your Consciousness like a thing of fire. In order to visualize, proceed as follows:

After concentrating your Mind upon the particular object or design which you wish to realize, try to construct it in your thought so that you actually see it with your mental eye. Bring it into focus so clearly that it becomes distinct and vivid in every detail. Etch it out on your Consciousness with such precision that you could describe it in all its particulars. You must perceive it mentally with an exactitude no less striking than that which characterizes a tree seen in winter against the pale disc of the moon. Each twig stands out stark and black across the white field which illumines it, asserting its peculiar identity just as each item of your concept must assert its own on the shimmering screen of your Conscious Self. This singular clarity of mental vision, in which the individual parts stand out boldly without detracting from the harmonious strength of the whole, it absolutely essential for proper VISUALIZATION.

The Universal Life Energy poured into this work will not only wash into vivid relief your mental concepts, but it will also help you to perform a further function in that connection. You must make this concept live. See it in its brightest and strongest colors, not as perhaps it would be



in reality, but as it could be. Court extremes in your imaginative process, and invest that inner image with an abounding vitality that bursts from every feature in a warmly diffused radiance, like light from a burning ember. Then you will be ready to start it on the next step of its journey into material realization with every assurance of complete success.

In VISUALIZATION there is no limitation to objects merely of a visible, tangible nature. The abstract details of a mental work, such as the policy of a business organization or the plot of a story to be written, are just as subject to that process as is the concept of a marble statue in the mind of a sculptor. His goal is the same, although the materials he works with are of a more solid nature. With hand and chisel he has to reproduce in clay and rock the image in his fancy. With words and ink the business man has to mold events to the shape he perceives as desirable. In both the single aim is Expression, and though the materials each works with are different, the process of modifying them is essentially the same.

Those whose tasks lie in the Realm of Thought are really less limited than those whose vocations confine them to physical mediums of expression. In Mind there is infinite variety, unfettered by rarity or price, bounded only by the elastic borders of Imagination. Ideas do not have



to be crammed within the confines of the material scale, but cover the whole unexplored area of Mental as well as Physical Fields. They are the most plastic and subtle of all the clays from which Mind fashions its ends, instant to change and adapt themselves to the infinity of combinations that need may demand or ingenuity suggest.

Universal Life Energy, all-pervading and omnipotent, will snatch from the unfathomed depths of Universal Consciousness the mental materials you may require just as effectively as It will attract on the Physical Plane the elements for the realization of desires. Being an intelligent as well as an energetic Power, It will not only invigorate you in the act of transmuting thoughts into fact, but It will reveal to you the best way to perform that work. Through Universal Life Energy you will erect a structure of achievement not only imposing in bulk, but nicely coordinated and joined in harmonious proportions that insure its permanence no less than they enhance its loveliness. The precious and desirable qualities of all things emerge into so pronounced expression at the impulse of this Power that the more you use It in your daily activities the more impressively will be borne upon you the recognition of Its priceless worth.



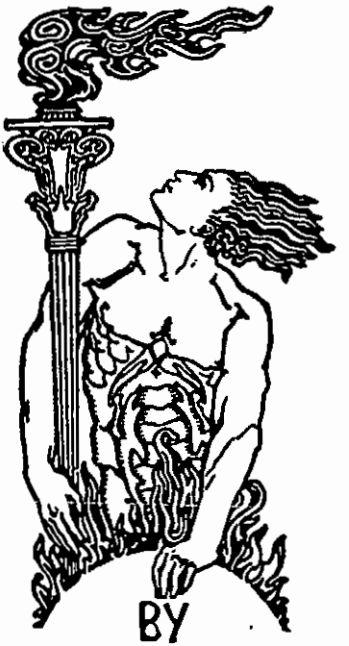
QUESTIONS

1. What is Creative Thought?
2. How is Concentrated Thought made Creative?
3. On what does the measure of any individual's Success largely depend?
4. Are Progress and Achievement products of the Creative Thought alone?
5. What is the medium through which the Creative Thought actually embodies itself in material expression.
6. What important advantage results from the proper cooperation between Mind and Body?
7. What is the cause of Timidity, Indecision and Procrastination?
8. How can they be eliminated?
9. What is Suggestion in its various aspects?
10. What is its main effect upon the individual?
11. Are Affirmations effective in curing negative conditions?
12. How can mental qualities be best developed?

LESSON SIXTEEN

"KNOW THYSELF AND THOU SHALT KNOW ALL"

SCIENCE OF BEING



BY

EUGENE FERSEN

COPYRIGHT 1927
By Eugene Fersen

ALL RIGHTS RESERVED
PRINTED IN THE U. S. A.

SCIENCE of BEING

ANSWERS TO LESSON FIFTEEN

1. Creative thought is:
 Thought which possesses the constructive energy necessary to attract the elements for its actual realization.
2. The Concentrated Thought is made creative:
 By injecting into it Universal Life Energy.
3. The measure of any individual's Success largely depends:
 Upon the amount of Universal Life Energy he is able to use in the realization of his mental concepts.
4. Progress and Achievement:
 Are not products of the Creative Thought alone.
5. The medium through which the Concentrated Thought actually embodies itself in material expression is:
 Physical work and effort.
6. The important advantage resulting from the proper cooperation between Mind and Body is:
 Poise.
7. The cause of Timidity, Indecision and Procrastination is:
 Lack of power, or Fear.
8. They can be eliminated:

Copyright 1927
Eugene Fersen



By the use of Universal Life Energy to supply that lack and abolish Fear.

9. Suggestion in its various aspects is:
 The imposition of one Mind upon another through Will Power.
10. Its main effect upon the individual is:
 To deprive him of his most valuable rights, Independence and Self Determination.
11. Affirmations:
 Are not effective in curing negative conditions, although for the time they can suppress them.
12. Mental qualities can best be developed:
 By exercising them, together with the continual use of Universal Life Energy.



Dear Friend:

In this Lesson you will be introduced to a Friend whom you have often dealt with but never known—Money. It is the first, and greatest of the Powers on the material side through which you achieve your active existence, yet the one perhaps most warily regarded, most unwittingly repulsed and most completely misunderstood.

Often, through this misunderstanding, the question arises, "Is it right to desire to have money? Is not Money after all one of the evils of this World, though a great power?" Some of the greatest Minds of ancient and modern times have turned the light of their intelligence upon this problem, and from various angles have built up logical contradictions that seem beyond the scope of human knowledge to upset. Through the theme of their arguments march the crimes, the wrongs and the virtues associated with the name of Money, a patchwork pageantry of good beginnings and evil ends which at the last lead nowhere.

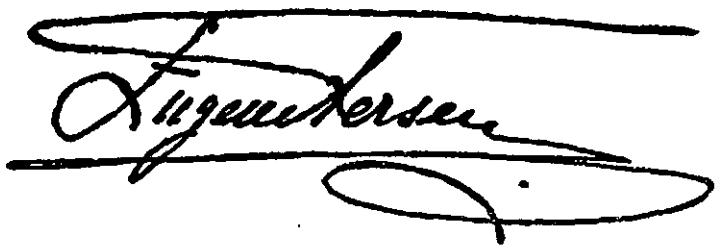
Where then does the solution lie? Why do some love Money, some hate it, as it seems in turn to be a blessing or a curse to them and to the World? Is not the answer to be found in the mental cause within, in your own imperfect Consciousness from which Money is engendered and by which it is wielded as a tool, rather than in the bare



Effect called Money itself? Unquestionably it is, and that answer is what will be discovered to you in this Lesson, so that you will not only appreciate Money for the true and ready Friend it is, but will also understand how to take full advantage of its proffered help.

All Great Powers become at some time the victims of Ignorance and are subjected to abuse. Money also, like all the rest, has been forced to bear the blame for human shortcomings and has consequently come in for its share of undeserved condemnation. The purpose of these pages, therefore, is to reveal what Money actually is, what it stands for, how to attract and control it through the Money Consciousness of the individual, and finally, how to employ it in such a way that it remains always a faithful servant to you instead of an uncontrolled and irresponsible tyrant. To be able to make Money is a great achievement, but to know how to use it properly is a far greater one.

Cordially yours,



SCIENCE of BEING

LESSON SIXTEEN

THE reaon why most people find it so difficult to make Money is because they do not know what Money really is. They perceive it as an Effect only, something outside themselves which holds the equivalent of any specific wealth or advantage they may desire. In its terms are condensed the differing values of all things; therefore the obvious way to obtain possession of any particular thing is to acquire first the sum of Money which represents its value. But while the relation between Money and what it will do is very clear to everyone, that is after all a very superficial aspect of something deeply beyond Money itself—of Power.

Money is actually coined Power, a materialized Force. It is the expression in substance of a strength which has its origin in the individual. To spend Money means to trade the crystallized efforts of human beings for an object worth that amount of work. To earn Money means to exert through your own inner qualities a measure of power which commands a corresponding recognition in the material World. To fail to accumulate Money is to allow those qualities to lie idle and unused except to the extent of bare necessity.

The individual, therefore, is like a mill across a river The stream of Universal Life Force is the Source of its



own energy and activity, the motivating power which makes him function. In proportion as he scoops that driving Energy from the passing current, transmits it along the various rods and pistons of his nervous mechanism, and stamps it finally through his distinctive qualities into the raw stuff of the Material or Mental Worlds, he will contribute to the Pool of all Wealth an added quota whose value must be returned to him in the impersonal form of Money. Yet unless he does really make such a contribution first, no amount of ulterior scheming or activity will avail to bring him the cash reward he covets.

This is why the majority of those who make the acquisition of Money the main object of their lives usually fall far short of their aim, while others to whom Money is of only secondary importance beside some other dominant interest often reap its richest rewards with no apparent effort in that direction at all. The former see only Money, and are blind to the Mint within themselves by whose operation they can obtain it; the latter are exclusively concerned with operating their Mint without any perception of what it produces. Neither have quite enough vision to link the Cause with the Effect and discern the infallible Natural Law which through their business of living is transacted.

That Law, which governs all the exchanges whose sum



makes up the existence of the individual, is variously known as the Law of Exchange, the Law of Supply and Demand, or the Law of Compensation. It determines that whatever an individual gives to the World of constructive personal effort, no matter in what department of life, the World must return its value to him in the aspect of that wholly impersonal Power called Money. In other words, the individual stands midway between the vast Undifferentiated Tide of Universal Life Energy and Its Manifestations as Material Wealth. He is the channel through which It passes from one condition into the other, and in the ratio that he contacts It and thrusts It into expression through his activities, Its equivalent in cash is returned to him.

Ignorance of the Law of Compensation, and consequent failure to make oneself an open channel for it, is responsible for the failure of most people to become rich in any degree commensurate with their desires. Such individuals make the mistake of concentrating their efforts upon the Effect instead of contacting the inner Cause of which that Effect is only the reflection. They are, so to say, trying to argue with an image in a mirror, which has every appearance of being the real thing but is in fact simply an aspect of it. Only when the fundamental Cause the Power generated through the development of inner



qualities, is changed will the reflected aspect as Money move and grow.

The channel within the individual through which the Law of Compensation achieves expression is called the Money Consciousness of that individual. Its physical organ in the brain is a cluster of nerve fibres known as the Financial Center. The proper development of this Center, and the resulting expansion of the Money Consciousness, is in effect like the opening of an inner door between Power in its primary condition as Universal Life Energy and the same Power in its divers material aspects as Wealth.

In the new surge of creative force flushing through this Center once it is properly opened, old barriers are washed away and one is swept past restricting mental limitations into a true perception of his relation to Money, the visible expression of Power, and the invisible Power transmuted through him into that expression. That is to say, one's vision is enlarged so that he no longer sees just Money alone, but also sees the Source from which it springs and realizes at last the one essential truth on which the ability to make Money is conditioned.

This truth is that Money is most readily acquired, not by taking, as is generally believed, but by first giving. The individual must create Wealth within himself and pour it into expression before he can obtain the equivalent of that



Wealth in Money. The wider he opens the inner door of his nature and the richer the flood of Power that he pours through his various qualities into constructive activities, the greater will be the cash return which measures its value.

Every human being is able to give, no matter how destitute he may appear to be in the beginning. He is born fully equipped with all the necessary qualities into a limitless ocean of Power in Its purest form as Universal Life Energy. All that is necessary is for him to admit that raw material, Power, transmute It through his qualities into whatever kind of Wealth his aptitude may suggest, and pour that Wealth through his activities into the brimming bowl of All Wealth. Its corresponding value is bound to spill back upon him in the impersonal form of Money. But unless he is first willing to take the initiative and generate the actual Wealth within that alone can command a response, he will strive and plead in vain for the financial recognition he is not qualified to receive.

The activity of Giving is what develops the capacity to give and to receive, because the greater the tide of Wealth one pours into manifestation the greater must be the riches showered back upon him. Yet very often some people seem to give a great deal without receiving any



Money in exchange for it. Their apparent generosity goes unrewarded.

But there is a vast difference between merely seeming to give and actually giving. The virtue of a gift lies not within the gift itself, but in the individual who makes it. The thing given is presumably only evidence of some imponderable shifting of the weights within the giver, some change by which a corresponding part of himself is diverted into the interest of the recipient. Only the one who gives knows in his heart whether his gift is an empty shell or something of real worth, whether the change really took place or whether his donation was merely a mask to hide one of the two chief negative influences which destroy its value, Fear or Pride.

Fear, the first of these, is perhaps the most common. It imposes a sense of limitations or sacrifice, so that the individual gives reluctantly, as if from a sense of duty or at the compulsion of circumstances. A gift so made is not a gift; it is simply tribute yielded to your own weaknesses, a bribe to buy your temporary immunity from some tormenting voice within yourself. Its effect will be not only to bring you no return whatever in Money, but to work distinctly to your disadvantage, because if you pay tribute to a foe you naturally increase his strength in the same ratio that you diminish your own.



If you cannot give from the fullness of your heart, freely and with joy, it is much better not to give at all. This is one of the difficult lessons that human beings have to learn, yet until it is learned the path of progress will remain a steep and rocky way. The impulse to keep one eye on the gift and one eye on the selfish advantage it will bring is a barrier that the Law of Compensation cannot hurdle, and it will vanish only when the individual has developed himself to the point where he is able to give from his Heart instead of from his Mind.

Know what true Giving is, be ready to give abundantly, spontaneously, and there will be no need to worry about the returns. You will receive in proportion, no more and no less; but the balance where the exchange is measured lies within yourself alone.

Pride, the second of the reasons mentioned, is a less frequent but no less effective impediment to the operation of the Law. It afflicts those who despise Money as something too sordid to measure the value of the gifts they give to the World. Therefore when they give of their highest qualities, and the World in the natural course of events returns to them a Money equivalent, they are offended and resent the implication that their genius can be reduced to mere material terms. Their extreme sensibility, which is simply a subtle form of Pride, impels them to



withdraw and hold their qualities aloof from their fellow beings lest it should be said of them that they are selling those qualities. They prefer to avoid entirely the stigma of Commercialism.

But this attitude is not correct. However much an individual may loathe the idea of trade, he cannot consistently live and stay clear of it. Life itself is the activity of exchange between the individual and the World of which he is a part. Money is a medium through which that exchange is made more easy, but there is no logical reason why resentment should be focused upon it any more than upon Life itself. Therefore to despise Money is pure conceit and succeeds only in hurting the one who indulges it without in the least disturbing the rest of the World.

The natural and normal function of every individual is to express, to give out that which he possesses within himself. In so doing he inevitably becomes a benefactor to Humanity, but he has no right and in fact no power to prevent Humanity from expressing and giving out in return. The Law of Compensation, which is one of the Immutable Laws operating constantly throughout all Nature, works also through every human being. Each one is a channel, a specialized mechanism of qualities into which Power floats at one end and out of which it is poured in another aspect at the other end. If Fear closes the outlet



so that the channel is choked, or if Pride stops up the inlet through which the motivating Energy is contacted, the result is the same—Inertia, leading to limitations and ultimate Poverty in every direction. Nobody has the right to give without being ready to receive, and nobody should expect to receive without being first willing to give. To violate these proportions is to transgress the Law of Compensation and incur the unavoidable consequences of that transgression.

Those who obtain Money by stealing or cheating do disturb those proportions, and although for a time their activities seem profitable they always suffer the penalty soon or late. Their prosperity is a specious show, because having snatched from the Pool of All Wealth values for which they have given no equivalent in constructive efforts, they have no appreciation of the real worth of the Money they acquire. Instinctively they feel within themselves that they have no right to it, as they actually do not deserve it. Their enjoyment of what it brings them is superficial, and their hold on it is very uncertain. "Easy come, easy go" is their philosophy, the light froth of a genuine Poverty within which no amount of Money can relieve.

Almost invariably such individuals fall at the last into a material Poverty as deep and barren as the actual inner



Poverty wihch they have created for themselves. Also, because Money represents all to them, though they never understood or rightly valued it, they feel their deprivation far more acutely than the poor man who never had it to lose. They have nothing else to depend on, because they have never developed the personal qualities which would make them self-reliant. Therefore to lose their Money is to lose something more important to them than their lives.

Outright thieves and cheats, however, are not the only ones who fail to understand Money. They are extremists, perhaps, in whom the misconceptions more thinly spread throughout the rest of Mankind come to a head. The fact that they prey largely on the avarice, the envy, the carelessness and other faults of law-abiding people is proof that the majority of their victims are not wholly without taint. These little flaws, so common in the righteous armor of everybody, have led to many a financial crash and stirred up clouds of argumentative dust beneath which Humanity has gladly lost sight of its own ignorance of the real nature of Money.

This ignorance has bred the idea of Money as an evil power—the "root of all evil," the source of crime, tragedy and wrong. No error could be more complete. Gold, the emblem of all Wealth and the standard international basis of Exchange, cannot carry a curse with it. It is a Funda-



mental Power, and like all Fundamental Powers is wholly impersonal, devoid of prejudices and incapable of producing any evil of its own.

The only source of Evil is the human Mind which uses Money as an instrument. The same impulse which prompts an individual to kick a chair after he has stubbed his toe on it in the dark prompts him to unload upon Money the blame for his own abuse of it. Neither the chair nor the Money are able to protest their innocence; they are both equally impersonal and entirely indifferent to the right or wrong of mundane things; therefore it is "only human," as errors are often very aptly characterized, to dump the burden of guilt where it can readily be borne with no inconvenience to the one responsible for it. That accumulated dross of human evil is the supposed "curse" carried by Money.

Money is neither evil nor good. It is simply there, a neutral Power crammed with dynamic possibilities, ready to unleash its prisoned force in the service of any end to which the individual applies it. Like Electricity, it is an impersonal aspect of Universal Life Energy, spun out of the orignal Power through the dynamo of the individual and held available for whatever use the individual may design for it. We do not call Electricity an evil force, yet electricity is used with equal facility to light a church, heal a



disease or execute a criminal. It carries messages across Space without discrimination, the good as well as the bad, the helpful as well as the vicious and destructive. Similarly with Money, it is a concentrated Power that borrows good or evil only from the hand that wields it, but it cannot justly be made to bear the blame for those human weaknesses and follies of which it is so frequently the victim.

Eventually Money alway s seeks its own level, in spite of the artificial barriers erected by human Society to restrain it. To make Money is one thing, to keep it is another. When the capacity of an individual to employ constructively decreases, the amount he is able to command decreases accordingly. Misuse of Money through applying it in a destructive and wasteful manner, as previously described, does decrease that capacity by closing up the channels in the individual. The result is that the volume of its flow shrinks to accommodate itself to the narrower channel, leaving the individual much worse off than he was before. On the other hand, those who are constantly enlarging their capacity to handle Money properly get the benefit of what others lose.

Unfortunately, very few human beings know how to use Money properly, especially if it has come to them through no special effort or merit of their own. The cyni-



cal observation that it is "three generations from shirt sleeves to shirt sleeves" is founded in fact, not because the son of a rich man is necessarily less endowed with the natural ability to handle Money, but because he has never been obliged to exert his own qualities in payment for it. Consequently his capacity to handle it is not developed; he is blind to its value because he cannot see its constructive uses through himself; and like a leaky faucet not worth the trouble to repair he lets it spurt in wasteful extravagance through every vent but the right one, meanwhile justifying his folly with the selfish contention that the Money he flings away is his own.

But he is wrong. Nobody really OWNS MONEY, although it sometimes seems to be a personal possession. Individuals are simply trustees appointed to look after its proper use and distribution. Their term of office commences with their first responsibility and expires with their last, and the trusts bestowed upon them are in proportion to the worth they prove. If they fulfill their duties intelligently and honestly, a greater Power is placed at their disposal. If on the contrary they are vain and foolish, and fail to measure up to the demands of their position, they are doomed some day to see their authority drain away like an ebbing tide, leaving them stranded on the bleak shore of Poverty. This applies not only to the spend-



thrift, but to his counterpart, the miser, as well.

Since Money comprehends all the Wealth of the Two Worlds of Mind and Matter, it is the golden key at whose touch every door within those precincts flies quickly open. Therefore many of timid vision are dazzled by it and worship it as the Supreme Power on whose altar they are willing to sacrifice their dearest possessions, even their own Souls. Such an attitude is utterly wrong.

Money can never be the Supreme Power, because there is one door which it can never unlock—the Door of Love. The clean and perfect part of our triune nature, where our higher spiritual qualities are enthroned, is beyond its reach once and forever. Those who abandon their true allegiance and place Money in its stead bow their heads to false gods and invite their own destruction, because they put in the place of mastery that which is meant to be a servant to them.

The rightful place of Money is the seat of honor at the foot of the Throne, not the Seat of Authority on it. Money is a secondary Power, which will serve you as nothing else so long as you direct and guide it to the satisfaction of your needs or ambitions. But the moment you give the sceptre into its hand, you submit your neck to a yoke of slavery that will grind you mercilessly into the dust, be-



cause you will have deprived your higher qualities of the control which they alone can exercise.

Just as vermin breed in the dark, so will all negative emotions breed when you close the Door of Love through which your higher nature should pour its cleansing light. To despise Money, or to envy it in others, will never bring it to yourself. Contempt and envy are simply different forms of hatred. Hatred repels and destroys. Therefore to hate anything is to build a wall of consuming fire between it and yourself. You cripple your own ability to obtain it, because it withers at your touch. So, if you want to have Money, you must learn first how to appreciate it, how to love and value it, not as a god or master, but as a faithful servant always obedient to your control.

A proper development of Money Consciousness throughout all Mankind would make utterly impossible the tremendous contrasts between Wealth and Poverty so prevalent today. The ideal of an equal distribution of riches, which some extremists urge should be imposed forcibly upon people wholly undeserving of It, would then emerge naturally, because through a more even development of the Money Consciousness of everyone the discrepancies between their capacities to handle Money would be wiped away. Reforms start from within, not from without. The only way to get two quarts of water at



once into a one-quart measure is to reform the measure first.

To a degree that reform has already started. The standard of living, especially in America, exhibits a marked improvement over similar standards of a few years past. People enjoy better houses, better and more varied food, wear better clothes and travel more from place to place. Comfort and even beauty have become the rule instead of the exception, and life is much more full and complete for the majority than it used to be.

Simultaneously with this growth upward into a larger and wider sphere, the class distinctions which once differentiated so sharply the wealthy and non-wealthy fade gradually away. The good things of this World are no longer regarded as the peculiar privileges pertaining to the fattest purse, but are now subjected to the bold and calculating scrutiny of people who are more inclined to make their desires regulate their purse rather than let their purse limit their desires. Such is the effect of the slowly expanding Money Consciousness of the mass of Mankind, releasing them from the bondage which they had acquired the habit of tolerating for so long.

For the most part this evolutionary process is an unconscious one. Clumsily, blindly, people are reaching out and claiming things to which they dimly feel they have a



right. Because they are claiming it they are getting it, since they are unwittingly putting into operation the Law of Supply and Demand. But to let go voluntarily the safe anchorage to which they have so consistently clung and venture forth on a tossing sea of Chance, as it appears to be, is no easy task. Ignorance makes them pay an exorbitant price for their gains.

But that disproportionate price is neither demanded nor required. The growth of Money Consciousness is promptly responsive to the two chief aids which it is within the scope of everyone to give — Knowledge and Power. Through a thorough understanding of the Laws involved, the unfoldment can be intelligently directed into the channels appropriate for it, and all the confusing obstacles erected by uncertainty, timidity and apprehension can be avoided with no unnecessary expenditure of energy. Then, having thus simplified and made easy the process itself, that process can be hastened into a bounding growth by feeding it the Power that it needs.

This Power, the Universal Life Energy to which everyone has full access, is the Basic Universal Force from which every subordinate power, every separate aspect of the whole Mental and Material Worlds, is derived. Money Consciousness, like the rest, is merely a sort of offshoot or bud depending on it for sustenance. The more Life Energy



you are able to direct into that bud, therefore, and the more raw material you give it to transmute through its constructive activities into the aspect called Money, then the more you stimulate it to a growth that will enable it to handle that increased flow. Its development is full and sound, resulting from a natural adjustment to the greater stream of Power floating to it for expression, and is not a forced enlargement through Will Power, with nothing to sustain it.

In order to turn the current of Life Force into this channel of your being it is necessary to follow the instructions given in Lesson Eight on how to vibrate to Abundance. Those instructions, followed perseveringly and supplemented by the simple rules here given you, will inevitably bring about satisfactory results.

Remember, the key to Power in any specific direction is the same as the Key to All Power in its unadulterated form of Universal Life Energy. The Four Square, represented by the Four Aspects of Universal Life Energy, is the standard to which each Center in your Mind and Body must conform. When Equilibrium is established in any organ or quality, that organ or quality then coincides with the Harmonious Force to which it is to give passage and becomes an unobstructed channel for It to flow through. Just as a chord struck on a lower octave will



draw a richly sympathetic response from the higher scale, so the right combination struck in your inner development will open a clear contact with the lofty Plane of Universal Power. But there can be no false note.

Therefore in all your life, in whatever direction you may turn your energies, whether financial or otherwise, take the measure of your goal first through the lens of the Four Square and mold your activities to that. Let every deed and every gift come joyfully and from the heart. Actions driven by Energy and Joy, winged with Intelligence and pointed with Honesty, or Accuracy, fly straight and strong to the mark.

So when those actions spring from your Financial Center, be sure that your Money Consciousness is not a warped and twistetd instrument which will impart its faults to what passes through it. Establish Equilibrium there, and in so doing you will unite it with Power that knows no limit. It will begin to function properly and to grow and unfold constantly and without end. Thus eventually you will be able to obtain all the Wealth you can ever wish to possess. Yet from the crest of that accumulated Money Power you will always have to keep guard against the dangers which threaten your supremacy, because, like ripe fruit, it is only too ready to fall into the sudden decay of unwise spending.



You must remember that Money is a living Force, and that having been brought to a climax it cannot be held there indefinitely without stagnating. If it is not kept healthy by a constructive and refreshing flow, it will most certainly dissipate itself in an unhealthy and destructive riot of self-consuming negative action. Movement forward is Life, and Life is the only assurance against the decay of Death. Consequently your task is to keep the Money over which you have control in constant circulation, so that it does not pile up behind the dam of your neglect and turn your healthy Money Consciousness into a poisonous morass. You must regulate its outpour to its inflow.

Moreover, that outpour will always reappear in corresponding effects in your life. Therefore it cannot be simply an indiscriminate waste, an impatient gesture to rid yourself of something superfluous with the sole object of relieving the pressure. It must receive intelligent and constructive direction, becoming the source of an ever new and increasing crop of constructive works. To spend Money foolishly is to misuse a great Power which automatically exacts its own revenge, bringing destruction upon the one who spends it as well as upon the one on whom it has been spent.

Those who hoard Money learn eventually an even more



difficult lesson. A miser is the poorest of men, because being a slave to his love of Money, he cannot let a penny go without the most excruciating mental anguish and suffering. He not only stops up his outlet as completely as he can, but he thereby cuts down his income which he prizes above life itself, until it is the merest trickle. At both ends, therefore, he unwittingly inflicts upon himself as much moral agony as possible, and between the two he lets the little stagnating pool of his unused wealth rot him into a pauper grave.

The inevitable result of the misuse of Money, whether in hoarding or in spending, is that sometime you will be bereft of the Power which you did not know how to control and employ properly. In devious fashion it will find its way at length into worthier hands, leaving you only the realization of a Poverty which is not a matter of Money alone, but of something within which Money cannot touch.

You who have accumulated Wealth, whose Money Consciousness is well developed and who read these Lessons with a glow of conscious satisfaction at the realization of it, you have doubtless felt the chill shadow of this Poverty more than once and in your Secret Soul dread its approach again. It is a Poverty of the Soul a hunger that no riches can appease and no diversions completely



banish or dull, because it cannot be reached from without. You yearn somehow to give more, to burst invisible bonds and pour into abundant expression a part of yourself which you feel but do not know.

The satisfaction of that hunger also does not lie outside. It rests within, ready and waiting only to be found. Most people who are rich do not take the trouble to search for it, but rely on the advice of others to provide a proper outlet for what they vaguely define as the "best" of themselves. Yet no eye but their own can ever penetrate to the corner where the "best" has its abode.

Do not make the mistake of thinking that you can buy that "best" with Money. It is not on the bargain counter. Money reaches outward with a long arm, but it cannot probe within where your most precious treasure is. That must be sought out by yourself alone, but when discovered it will bring to you a Wealth of Contentment and Joy that is beyond the measure of the Wealth you know.

Use your imagination when it comes to dispensing the Money entrusted to your care. Charity as practiced today is the excuse of laziness, an insult and an injury generally to the recipient of it and a very real harm to the one who gives in that way. On both sides the effort which should stamp its worth is lacking; the weak are made more weak



and the strong acquire a flaw which is an open avenue to moral dry rot.

Real charity consists, not in helping others to that which they do not earn, but in helping them to help themselves. The little personal care and effort which enables them to knit into their characters just so much added strength and self-reliance, which props open a bit wider the inner door through which they live, is a far greater and more permanent contribution than the alms flung heedlessly through the narrowing crack. Happiness, the goal of rich and poor alike, is not an attribute of cash; it is the reward of endeavor only, and it must be earned.

Very often rich people are notoriously dull. Wealth seems to have drugged their imagination, while those whose wits are sparkingly clear seldom have the Money with which to realize their desires. Both are in a wrong condition, because each lacks the complementary power which would render useful the power that he has.

Fortunately such a condition can be adjusted if the individual will simply take stock of his fault and proceed sensibly to correct it. A sluggist imagination can be nourished and developed without losing Money, and Money Consciousness can be perfected without any sacrifice of the keen Mind which can make it most useful. Both can achieve Completeness by rounding out that side of their



respective natures which has been neglected, and can thereby establish that Equilibrium which is the basis of the greatest efficiency.

One other responsibility of tremendous import devolves upon the wealthy—the transmission to their children of the ability to handle the fortune left to them. You must teach them the real value of Money, not only as you learned it yourself through the vivid experience of making it, but also from the higher point of view as explained in these Lessons. They do not actually start at the bottom as you did; the circumstances and environment into which they are born and with which they have to deal are entirely different; yet the intrinsic qualities on which they must depend to conquer that environment are the same.

You prepared the environment for them; you must in all fairness prepare them to meet it. They will start from the Money you made as from a foundation from which to build higher. Therefore they must learn how to make Money, but in a manner adapted to the altered conditions rather than by doing your work all over again.

So do not judge by the standard of your own life, and do not expect your children to know by instinct the things that were pounded into you by hard knocks. The little pop-gun of an opportunity with which you started your career is scarcely comparable to the high-powered finan-



cial rifle which you place in their inexperienced hands. Guard against casualties by teaching them its use with the same intelligence and skill that you employed in making it, and you need not worry about them becoming a credit to your name. They will.

Finally, avoid the mistake of thinking that schools and educational institutions can perform this task for you. College can at best only partially develop your children and equip them with something to use if they know how, but can never produce that complete and rounded development of Body, Mind and Soul which will enable the individual to fulfill the higher and more difficult duties imposed upon him by the Money entrusted to his care. That is something that Money cannot buy.

You alone can properly explain what Wealth actually is, where its value lies, how it is acquired, and how it is to be spent. You know, because you have built it into the very stuff of your nature and character. That is the really valuable heritage in your power to leave; and the crowning success of your life is the success with which you impart it to the new generation springing up from you. Give them, not the evidence of what you have been able to do, but the intrinsic strength by which you have been able to do it, and you will provide a legacy that will outlast and insure all the others.



EXERCISES

Morning and evening continue to practice the Star Exercise, Relaxation, Silence, constant Contact with Universal Life Energy, and Concentration. Then, as the new Exercise for this week on whose performance these others will be focused, proceed as follows to the process known as MATERIALIZATION.

After you have entered into Silence and made the contact with Universal Life Energy, concentrate your thought on Money. By so doing you will direct the flow of Life Force to the Financial Center in your brain through which your Money Consciousness finds expression. You will start it out of its lethargy, stimulate and strengthen it in its growth and exert through it an ever more powerful and far-reaching attraction for the object of your Concentrated Thought—Money.

In this procedure be clearly conscious of what Money really is. Know that it is a world power flowing to you and through you continually. Let your realization of its true nature dictate your perception of it. Feel your One-ness with it, your identity with the limitless supply of Abundance and Wealth. Do not pray or beg for Money, or indulge a subservient attitude toward it. Experience rather the joy and certainty of Possession, the sense of your right to it as one of the inherent Powers to which you are born.



Recognize and develop your capacity to control it, and be confidently ready to receive it in proportion.

Let no Fear or Doubt enter your mind in connection with what you are doing. The invariable effect of Fear in any of its aspects is to paralyze and close up, and its influence on your Money Consciousness will be to contract its organ, the Financial Center, and pinch off the vitalizing current of Life Energy. As you have nothing to lose and everything to gain, there is no excuse for Fear. Simply know that the thing you want you already have. Be securely conscious of it, and it will be so.

Practice this new Exercise until results show that the desired unfoldment has started. Then continue to practice it diligently in order to promote that growth with ever greater vigor. Your Money Consciousness will so develop that Realization will always more promptly and more richly crown your endeavors, because you will have trained yourself to a greater capacity for handling and attracting Money. In the end, as you render yourself a wider channel for its flow, you will overcome all the limitations which vex and restrain your ambitions, and will emerge into an untrammeled Prosperity.

Do not hasten or try to force conditions by forcing issues. Will Power is not a friend to permanent achievements. The best and only lasting growth is the natural



one. Impatience is a barrier to any Force of Nature, so when Universal Life Energy is used one must dispense with it if the Laws of Nature are to take their course. Patience and Perseverance are the two qualities which insure solid, ordered improvement, and by exercising them you are bound to win.

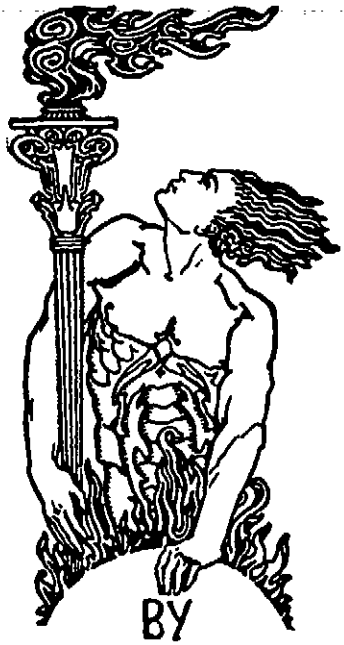
QUESTIONS

1. What is Money?
2. How can it be acquired?
3. What is the Law of Compensation?
4. Through what channel in the individual does it operate?
5. On what initial activity is the ability to make Money conditioned?
6. What two negative influences are mainly responsible for neutralizing this activity, and how do they act upon it?
7. Define true Giving.
8. What fundamental cause of Poverty can be avoided by conforming to the Law of Compensation?
9. Explain the "evil power" of Money.
10. How should Money be regarded by the individual?
11. What is the crowning heritage that a rich man should impart to his children?
12. What fundamental Power determines the scope of all the activities described in this Lesson?

LESSON SEVENTEEN

"KNOW THYSELF AND THOU SHALT KNOW ALL"

SCIENCE OF BEING



BY

EUGENE FERSEN

COPYRIGHT 1927
By Eugene Fersen

ALL RIGHTS RESERVED

PRINTED IN THE U.S.A.

SCIENCE of BEING

ANSWERS TO LESSON SIXTEEN

1. Money is:
 Actually coined Power, the expression in Substance of a strength which has its origin in the individual.
2. It can be acquired:
 By pouring into constructive expression through one's inner qualities a corresponding amount of Power in its pure state as Universal Life Energy.
3. The Law of Compensation is:
 The Law which governs all exchanges whose sum makes up the life of the individual, and which determines that whatever the individual gives out to the World must return its value to him in the impersonal form of Money.
4. The channel in the individual through which it operates is:
 The Money Consciousness of the individual, represented in the brain by its physical organ called the Financial Center.
5. The initial activity on which is conditioned the ability to make Money is:
 The activity of Giving.
6. The two negative influences mainly responsible for neutralizing this activity are:

Copyright 1927
Eugene Fersen



1. Fear—which paralyzes the Financial Center and Consciousness.
2. Pride—which deludes the individual into deliberately closing himself against the operation of the Law of Compensation.

7. True Giving is:
 A spontaneous and joyous expression from the heart, born of a super-abundance of Wealth within and entirely above any sense of duty or any expectation of recompense.
8. A fundamental cause of Poverty which can be avoided by conforming to the Law of Compensation is:
 Inertia, which leads to limitations in every direction.
9. The "evil power" of Money:
 Exists only in the human Mind, which is the single source of all Evil and has laid the blame for its own misuse of Money, a wholly impersonal Power, on that Money itself.
10. Money should be regarded by the individual:
 As an honored and respected servant, always obedient and effective in that capacity, but utterly destructive when uncontrolled.
11. The crowning heritage that a rich man should impart to his children is:



The ability to handle properly the Money entrusted to their care:

12. The Fundamental Power which determines the scope of all the activities described in this Lesson is: Universal Life Energy.

Dear Friend:

Foremost among the benefits conferred upon you by that most versatile of all your servants, the Mind, is its healing power. As old as disease and trouble itself, because it is the original source of every negative condition which afflicts Mankind, it contains also the perfect antidote for every ill to which the flesh it governs is heir. This amazing Health Laboratory is what will be flung open to your view and use in the present Lesson.

Just as the aeroplane is lifting war from the Earth into the Air, so the discovery of Mind's relation to Body is lifting Medical Science from the Plane of Matter to the unbounded Mental Plane. Hitherto the Art of Healing has been a tremendously complicated affair of finding specific physical remedies for the infinite variety of specific physical effects known as diseases. Today Science has penetrated to the World of Causes from which sickness, as destructive germs and negative conditions, springs. At once the cumbersome structure of minute detail resolves itself

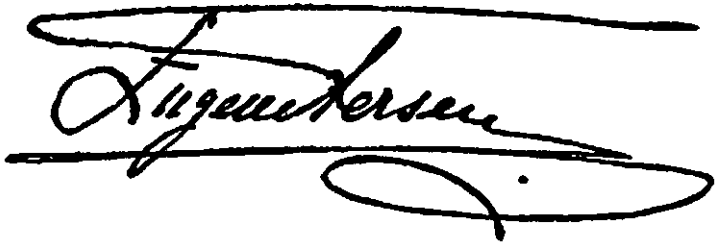


into one clear and simple scheme which every individual can distinctly understand.

When you perceive your physical body as it is, a changing cloak perpetually knitted anew from the vibrations poured forth from your Mind, you will see how to correct all physical disharmony of any sort by correcting the mental disharmony of which it is only the reflection. Through knowledge of how to accomplish this you will render yourself independent of outside aid, and will be able to overcome physical ailments without the help of another person.

Self-Reliance in any direction is an asset of vast worth, but Self-Reliance in the matter of preserving your Health is of a value that cannot be overestimated, because on Health depends your efficiency in every aspect of your life.

Cordially yours,



SCIENCE  of BEING

LESSON SEVENTEEN

TWO thousand years ago the ideal of healing was very simply formulated and expressed in the words "As a man thinketh, so is he." It has taken Mankind nearly twenty centuries of bitter toil and struggle upward along the path of Evolution to arrive scientifically at the same conclusion. Yet today the attention of Medical Science is shifting bodily from the well exploited field of physical research to the comparatively new field of Mind, not because of any blind religious faith in the above principle, but because the facts uncovered by physical investigations prove it beyond dispute to be true.

There was a time when Knowledge did not penetrate beyond the outward physical symptoms of disease. All efforts were concentrated on eliminating those symptoms, of which the cause remained a profound mystery accounted for only by crude theories. Bleeding and leeches were once the common remedy for most ills, being supplanted only gradually by drugs as experiment revealed the greater efficiency of the latter. Discovery of germs and microbes as the first known physical cause behind destructive physical effects was a gigantic upward stride, rolling back narrow mental horizons from the whole vast world of Materia Medica.

From then on progress was rapid. Drugs were suc-



ceeded by serums, which in turn yielded precedence to the drugless methods now in use, typified by the so-called "Nature cures." Up-to-date physicians prescribe plenty of sunshine, fresh air, exercise and relaxation as the best medicine for their patients, while pioneers in the profession, analyzing the healing virtues of Natural Forces, are more and more introducing into modern Therapy vibrations of every sort, such as those of sound, light and color.

This had led naturally and inevitably to the consideration of mental vibrations in relation to physical ailments. Suggestion and mental healing, the opening wedge in that direction, have brought about such remarkable revelations that even yet their significance is not wholly grasped. Just as the discovery of germs marked the transition of medical knowledge from outside the body to the minute and teeming world of physical causes within it, so the discovery of mental vibrations has brought Humanity to the verge of another far greater transition — the transition from the Plane of all Material Effects to that of the Mental Causes behind them.

Physicians are only now beginning to realize the absolute mastery of Mind over Body. Experiments have proved with complete certainty that the physical self of an individual is utterly at the mercy of the mental tyrant



who rules it. Like a chameleon which always assumes the colors of its surroundings, so the human body always reflects accurately the mental conditions of which it is the host.

Disease and ill health, therefore, instead of being due exclusively to destructive physical organisms, as was formerly thought, have their source really in the Mind of the individual. Germs themselves are simply the material manifestations of negative influences which originate in Mind. A healthy Body is the accurate expression, the projection within the range of our perception, of clean and harmonious vibrations. A sick Body is the equally accurate expression of the disharmonious thoughts and emotions, such as Fear, Worry, Hatred, Jealousy, Envy, etc., which lodge in our mental spring and pour their pollution into the harmonious stream of vibrations emanating from it.

Science, experimenting in laboratories to determine if possible the extent of this reaction between Mind and Matter, has made some startling discoveries. For instance, the saliva of an individual has been found to exhibit to an extraordinary degree the effect on it of various mental attitudes. Samples procured when that individual was in a normal undisturbed mood had no effect whatever when injected into the blood of a guinea pig. Other samples



obtained when he was under the influence of a strong negative passion, like anger or hatred, caused the guinea pigs inoculated with them to die quickly in terrible convulsions. Again, saliva taken from the same individual when his higher emotions were in the ascendency, so that he felt loving and kindly, acted as a stimulant to the guinea pig on which it was tried, promoting the activity of the body cells and thus hastening any healing process, such as of wounds or sores.

These experiments show conclusively the thorough control exercised by Mind over Body. The saliva, transmuted from a neutral fluid into a virulent poison or an active stimulant, according to the mental condition prevailing at the time, is merely typical of a change that pervades the entire system. Evil thinking imparts its bitter taint to the entire material shell that harbors it; positive thought works into corresponding harmonious expression through every cell and tissue. A sick Body mirrors a corrupted Mind; a healthy Body is the visible evidence and direct result of mental cleanliness and poise.

In Nature, most readily observable perhaps in dogs, this intimate relation and obedient response between the mental and physical aspects of the animal becomes one of its chief weapons in maintaining its existence. The bite of an angry dog is dangerous, very apt to fester and not infre-



quently inducing death by blood poisoning. The bite of a mad dog is fatal unless treated promptly. Yet a dog cures his own wounds or the wounds of his mate by licking them, bathing them in the same saliva that under different conditions becomes a poison. All wild creatures instinctively take advantage of a fact for which they need no scientific explanation, making their own medicine as they need it simply by altering their mental attitude to suit the circumstances.

The same instinctive recognition of the mental factor in ill health has often strayed remotely through the thoughts of many an invalid, but until very recently has never been brought out squarely into the open. Now disease is being more and more traced directly to its source in wrong mental concepts. The physical disharmony, which drugs and medicines are able to combat but never wholly conquer, is seen to be rooted in negative centers of disturbance in Mind which feed and sustain it. Therefore modern Therapy seeks to eliminate from the Mind everything which is not positive and constructive, as the essential preliminary to enjoyment of a strong and healthy body.

One invaluable ally enlisted by this new phase of the problem is Self-Interest, which is after all the governing motive in the lives of most people. A patient can no longer



throw the burden of responsibility on his Doctor. His state of health is decidedly a personal matter, and it is up to him as the author of it to change it by ridding himself of the destructive mental cause. Doctors can help, but genuine physical improvement is conditioned solely on mental and moral improvement first, which cannot be administered in doses by someone else. It must come from within.

When human beings realize that to entertain unfriendly thoughts of any kind towards others is to let loose in themselves an enemy to ravage and destroy, they will be less ready to admit Hatred, Avarice, Anger and all other negative emotions. The individual who discharges evil thoughts at an enemy strikes a double blow at himself, because not only does that disharmony permeate first his own system, but the destructive mental vibrations he releases, controlled by certain Immutable Laws, must return greatly augmented to their point of origin. Ordinary self-protection therefore dictates avoidance of all unkindly thoughts and desires towards our fellow beings, since each is sure to rebound most violently on its author.

Ignorance and a very natural desire to dodge unpleasant consequences often leads people to imagine that they can circumvent these Natural Laws. They believe that they can think, say or do evil to others, yet somehow



escape paying the price for it. Even religions have been corrupted in deference to this attitude. Many a Christian, while he prays devoutly "Forgive us our debts," finds his enthusiasm wane when he comes to the words, "as we forgive our debtors."

But Laws of Nature, the just and omnipotent Expression of the very Power to which you address your pleas, distributes the emphasis more equally. Impersonal and Immutable, they operate serenely according to their kind, firm against any human will to sway or alter them, and exacting to the utmost farthing satisfaction for every transgression. Everyone knows that if he steps over a cliff he will fall, or if he plunges his hand into the fire he will be burned, no matter how hard he prays or begs the Law of Gravity or any other Laws to be indulgent in his case. Similarly, the greater Laws of which these are merely lesser aspects demand inevitably the exact penalty their transgression merits.

There is only one way to meet the demands of these Laws which govern Existence, and that is by correcting any errors which your opposition to them has created. No matter how urgently an individual may beg, implore or entreat, his words are as an idle puff of wind against the iron weight of evil he has deposited in the negative scale of his life. But when that evil is corrected, when an equal



measure of positive, constructive action is heaped up to counteract the depressing burden of wrong, then the balance creeps back to normal. He alone can do this; it cannot be accomplished by proxy.

Until human beings have learned to understand this clearly, they will continue deliberately to breed the devastating hosts of diseases and ills which assail them on the Physical Plane. The tendency to evil, and the false optimism its easy prospects inspire, are too strong to be lightly discarded and too tempting to let the eye stray beyond to the price that must be paid. Some strength more sure than the faltering Will, some vision more keen than the shortsighted eye of Mind, is needed and is ever at hand for those who will use It—Universal Life Energy.

Against this supreme Essence of all that is Positive nothing of a negative nature can long prevail. Evil passions, destructive thoughts, perverted fancy—all the mental vermin spawned in the dark places of the human Mind —loose their grip in the cleansing blaze of that Power and vanish like the shadows that harbor them.

Often people resort to sheer Will Power in an effort to dissolve the film of evil thinking with which their own Mind has polluted its abiding place. Yet the best they can accomplish by this method is but superficial, because while they may, if they are of strong character, clean up that



which already exists, they cannot get rid of its source. Their life is a never-ending struggle, a prolonged effort to choke back something that presses ever more violently for expression the more it is repressed. The constant watchfulness, the sustained effort, demands so much of their time and energy that little is left for real constructive work and positive enjoyments.

This is too high a price to pay for the results achieved. Something repressed is not eliminated; it is merely aggravated by being cut off from adequate expression. The individual who resorts to Will Power tries in effect to sit on the safety valve of a mental boiler instead of extinguishing the fire under the boiler. His task becomes more difficult every moment, and when at length the growing pressure under him exceeds his strength to hold it back, the explosion will be vastly more destructive than if he had fumed his way through life letting off the steam of his temper and disposition a little at a time.

The only effective way for killing once and for all the menace of that boiler in your Mind is to kill the negative fires under it. The one Power which negative cannot withstand is obviously the Power of the Positive, or Universal Life Energy. If you make the contact with that Force whenever you feel the rising heat of rebellious emotions, drenching in Its cool stream those inner fires of evil, you



will extinguish them utterly, leaving yourself calm and free to cope with the situation that confronts you. The energy that would have been burned up in destructive vibrations aimed against yourself is then transmuted into positive vibrations that arm you more completely against the condition you must meet.

Universal Life Energy also accomplishes a work of far more deep and lasting significance to you than the mere transmutation of negative vibrations into positive ones. People of an inflammable temperament build that characteristic into their physical constitutions. Nerve channels are modified to fit that trait. They establish within themselves a predisposition to negative passions, just as a confirmed toper creates within himself a weakness for drink.

These channels, open doors for the disharmony you are seeking to wipe out and only too ready to admit the evil ever seeking entrance, are gradually closed by constant use of the harmonizing Universal Power. This process, of course, like any other natural process of growth or healing, is not a sudden one. Change in Nature is never abrupt, and change in this respect also is no exception to the rule, however strong may be the Power you use. It will be proportioned to your capacity to absorb Universal Life Energy; but to expect a rapid transformation of so



fundamental a thing as your character is to expect the unnatural if not impossible.

Two ingredients are essential in the prescription you fill from the Laboratory of Nature—Patience and Perseverance. The negative condition fostered by a life time of indulgence requires a reasonable measure of time to be undone. As your improved State of Consciousness molds the stiff clay of your physical apparatus to its altered contours, the distortions which once served so well the disharmony demanding expression through them will dwindle away, conforming to the mental Peace, Harmony, Health and Power that reign within.

Recognition of the dominant role played by Mind in controlling the physical body will bring about a new and truer perception of all organic troubles. They will fall naturally into two classifications, those originating in the Mind of the individual himself, and those winning access from outside through the Mind's weakness and inability to repel them.

In the first instance, where a mental condition produces an organic disturbance, the Body is made the direct victim of the Mind. There is no intervening agent between the two; the physical cloak simply molds itself obiedently to some mental disfigurement. This is in contrast to the second instance, where the Mind, through depletion of its



forces, lacks the power to protect its Body against the intrusion of destructive influences from without, such as uncongenial atmospheric conditions, germs, microbes, poisons, etc.

The most common of these two sorts of affliction are those arising from the Mind's lack of power to protect the individual from outside influences. The reason diseases make such headway is due to the fact that they themselves induce in the patient a mental atmosphere favorable to their growth. They produce a Subconscious mental reaction of Fear which not only cuts off the vitality of the patient, but thereby renders his mental ground an ideally adapted field for the cultivation of that negative impression planted there. If that negative impression could find no favorable conditions to nourish it, diseases caught from some outside source would remain simply irritations, readily overcome by the individual's own normal supply of vitality.

But disease germs are the embodiment of negative, drawing their animating power from destructive vibrations. The negative impressions produced by these vibrations on the patient's Mind is the spring which feeds them, corrupting the very energy which should be used to combat them into a vicious stream to sustain and promulgate their growth. If this ruinous reaction continues until the



natural fund of health of the individual is overbalanced, he becomes the sure prey of the diesase. If on the contrary the reserve of health is strong enough to turn the tide eventually, the positive flow will gradually re-establish itself, the Fear will be slowly eaten away, and the disease will be driven out as the body cells resume once more their proper function.

In every case Fear is the presiding genius under whose banner sickness makes its raids. A strong, well balanced Body governed by a healthy Mind is practically impervious to the attacks of all negative external influences. The positive radiation from the body cells is a wall that no destructive forces can storm successfully. But once Fear enters, it chokes off the fount of energy within. The wall crumbles away as its support is drawn off, and is no longer a defense against the invaders.

So also when the organic disturbance has its origin in the Mind of the individual, Fear in some aspect is the giant root which anchors it there. Everyone has at his disposal the power to purge his Mind of the negative condition that is reflected in his Physical Self; but a deep seated conviction to the contrary prevents most people from taking advantage of it. Once that conviction is really broken, the root of the trouble is also broken and the disharmonious condition fades quietly away.



Obviously, therefore, the problem of prevention and cure of all physical ills centers upon Mind. Organic troubles which have their source in Mind must patently be corrected in Mind, while diseases which come from outside can gain access only if the Mind of the individual is not performing its function properly.

Knowing this, diagnosis of all ills, and their correction by combined Mental and Magnetic treatment, becomes comparatively easy. Universal Life Energy is a harmonizing agent which penetrates at once to every disharmonious Cause, no matter how deeply rooted it may be, and with intelligent direction through Mind Force It accomplishes what physical remedies never could—restoration of harmonious conditions both on the Material Plane of Effects and on the Mental Plane of Causes. Two aspects of treatment by this method are to be taken into consideration, self treatment and treatment of others, but both start from one and the same basis—Universal Life Energy.

It is therefore absolutely essential to make the Mental Contact with Universal Life Energy before undertaking any further step in a treatment. Then, whether you are treating yourself or someone else, you have at your disposal from the very beginning that Great Healing Power, and you also derive one other exceedingly important advantage—Self Protection. A strong flow of Life



Force, pouring out through every cell, forms about you an aura or atmosphere of positive radio-activity which is impervious to all negative vibrations. Thus, especially if you are treating a person with a very pronounced negative condition or disease, you shield yourself completely from any transference of that condition to yourself.

When treating others, have your patient comfortably seated in a chair. Then take a position behind him and place your hands on his shoulders in such a manner that the two thumbs rest together on the seventh vertebra, or joint of the neck, while the fingers of either hand repose lightly and naturally, collar fashion, on the shoulders. But if the patient's condition confines him to bed so that this disposition of the hands is inconvenient, simply take his left hand in your right one and pour the Life Force through that point of contact. In cases where the patient cannot be touched, direct the Force into his body by extending the hands with the finger tips pointing towards him. Space is no obstacle for Universal Life Energy, so the magnetic treatment can be just as effectually administered in this way, although it is perhaps a little less comfortable for the operator.

The physical aspect of the procedure thus taken care of, there is the more important mental aspect to be considered. You have established the communicating chan-



nel through which to deliver the medicine, but the size and consistency of the dose you wish to administer will be determined by your mental work. You must achieve the proper mental attitude towards your patient and thereby attain a State of Consciousness in sympathy with the harmonizing Power you use before It will respond abundantly.

Therefore try to feel loving. Cultivate relaxation with its attendant sense of Peace and Confidence. Give free rein to the expansive, positive emotions which measure their strength by the absence of strain and effort. As the tension lapses in every direction, so also does every nerve and fiber become constantly more open and sensitive to the influx of Universal Life Energy.

Do not let Fear creep in to interrupt this process. No matter how serious the case may be, you have no excuse to doubt your ability to cope with it. Understand that you are merely an impersonal agent, a connecting channel between the patient and that harmonizing Power which no negative can resist. Remember always that it is this Power, supreme and invincible, which does the healing work, and not yourself. To fear for It is not only presumptuous in the extreme, but it promptly cuts you off from contact with It. You cease to be a channel, and your patient, instead of tapping through you the Great



Source of All Harmony, taps only the disharmony which Fear has created in your own Mind.

Also, never permit yourself to make a reality of the disease you are treating. That is to say, never let your vision stop at the bare fact, the physical effect, of the disease itself. See always the mental cause, the negative condition implanted in the Subconsciousness of the individual, of which the sickness is simply the visible manifestation. Your concern is not with physical Effects; it is with the Cause back of the Effect, which you can eliminate through the proper use of Universal Life Energy.

This perception of Causes defines the difference between combined mental and magnetic healing and magnetic healing alone. No knowledge of the trouble is required in using Universal Life Energy by Itself. That Power has the quality of seeking out flaws and adjusting disturbed equilibrium automatically. But that process is accelerated if, through a knowledge of the fundamental Cause of the disharmony, the operator is able to awaken in his patient an understanding of how he has erred from his own basic harmony, thus rendering him more receptive to that Healing Stream which will correct the fault.

In order to discover these Causes, you will diagnose the disharmonious vibrations proceeding from them. Therefore use Universal Life Energy to render yourself as sen-



sitive as possible to all outside impressions. Let It so stimulate your perceptive faculties that, like a photographic plate, you register instantly and accurately all the negative vibrations continually emanating from the center of disturbance in your patient. Put yourself en rapport with him, and presently you will begin to perceive consciously in some way those negative vibrations.

Exactly how they will be sensed will depend on the nature and disposition of the operator. Some contact them sympathetically as physical pain in the same part of the body; others will record them mentally, just becoming aware of the kind, degree and location of the trouble. All will realize within themselves, beyond possibility of doubt, when they have properly analyzed the condition.

But diagnosis of the physical condition is not enough. By the same method, try to push your investigation further, penetrating deeply into the Subconsciousness of your patient to the mental or emotional conflict there. This will be more difficult than discovering the physical symptoms, but of incalculable value in the work of healing. Practice will gradually develop within you the ability to diagnose negative conditions, until later you will be able to do it in a few moments or even instantaneously.

There is one contingency to be carefully guarded against during this process. When you open yourself to



the negative vibrations coming from your patient for the purpose of analyzing them, so that you feel within yourself for the moment the ailment which you wish to cure, do not let yourself fear that the condition has been transferred to you permanently. It has of course been admitted temporarily, but if, during the brief time it is within you, you allow Fear to close up the channels by which it entered, you will lock it securely within yourself. Just retain full control of yourself and let the negative impression be expelled in the natural way, fading out as easily as it crept in.

After this analyzing process has been properly accomplished, the operator is fully armed and ready to go further. His problem now is to break down the negative wall which the patient has built between himself and the supply of Life Force. The operator might be said to act as a siphon over that wall, an emergency contact through which Universal Life Energy is poured into tissues starving for lack of It, while at the same time attacking the obstruction which prevents the patient from maintaining his own contact with it—Fear.

Fear of his illness is the invalid's yoke of bondage to it. Your problem is to strike off the burden of that conscious or unconscious dread. Therefore give to the vibrations you send forth a mental edge that will bite deep into that



negative emotion of which your patient is the victim. State silently that there is nothing to fear, that Peace, Confidence, Strength and Harmony are supreme in the Body under your ministrations.

Once you have broken the deadening grip of that Fear, your battle is more than half won. The barrier behind which disease and disharmony have flourished undisturbed is razed away; the negative condition is exposed to the healing Force you are able to supply. Taut nerves relax, fresh life surges along their length, interest and hope revive, as your patient slowly opens himself to the invigorating stream of Harmony from without. This is the favorable moment to hasten matters by starting the scientific treatment.

Realize as strongly as possible within yourself the fundamental perfection of your patient. Pierce beneath the crust of his imperfect human nature and perceive clearly his true, eternal status as the visible manifestation of the Great Causeless Cause Itself, the One Source of all Harmony and Power. Know that you link him for the time to this Universal Force from which he has erred and that It is pouring through you into his Body, there to be absorbed by a thirsty Life Center and distributed richly to the diseased organs or tissues.

In this work do not try to visualize perfect body organs



in place of the diseased ones. The Body is merely an Effect, while your concern is with the Cause back of that Effect. See the physical self of the individual as it really is, an aggregation of vibrations which have entered within the range of your perception, and which are now marred by the intrusion of some destructive vibrations which it is your task to eliminate. This you do by re-establishing within your patient a consciousness of his own eternal identity with the Infinite Harmony from which he came, and of which he is a part.

Do not try to use Will Power in treating a patient. No one can be hypnotized into permanent health. As soon as the suggestion imposed by your stronger Mind upon the Mind of another is allowed to relapse, the negative condition which your sustained effort was able to subdue bursts forth worse than before. You cannot force a sick person into a permanent state of health, any more than you can lift a rock into the air and expect it to stay there of its own accord when you withdraw your hand.

Your function is to supply what your patient has lost —a realization of his own eternal, fundamental harmony. The shell of negative beneath which he is wilting away, like a plant barred from sunlight by an ever grimier pane of glass, is, after all, a very brittle obstruction. Within your patient is still the Harmony that will always be rep-



resented as long as there is one healthy cell left. Outside is the measureless tide of all Harmony. If you sound again, and strongly, the note of that Harmony, the Law of Vibration determines that it will draw a corresponding response from within your patient. The contact established, that vibratory chord will swell in volume until between the two the film of discord is shattered and swept away.

It is apparent, therefore, that your mental work does not heal the individual directly, but stimulates him to heal himself. It arouses his Higher Self, gradually driving off the Fear which he has allowed to close his inner doors and restoring him in a natural fashion to his normal contact with Universal Harmony.

This method, which merely promotes and emphasizes definite processes of Nature, is the only scientific one which can be safely and unreservedly applied without any danger of hurting your patient or trespassing on his moral rights. It has the advantage over all other methods of being thorough and permanent, securing its results by building up in the individual the natural channels through which those results should be obtained. Thus it develops in him the strength to maintain the Health you were instrumental in helping him to achieve, and is for that reason alone incomparably superior to such artificial devices as hypnotism, suggestion or auto-suggestion.



Next in order if not in importance in considering the question of mental treatments is healing at a distance. Frequently the patient whom one wishes to help is not within reach, yet that is no obstacle where mental and magnetic vibrations are concerned. Distance is easily and effectively overcome in absent treatments, which can be administered in two distinct ways.

The first of these, and the one most commonly employed, is as follows: The operator first establishes a connection or rapport with the distant patient by thinking of him very strongly for a moment. The activity of the Concentrated Thought in linking the two principles across space, as explained in previous Lessons, provides an ample channel over which vibrations can be sent. By means of this connecting line, the mental treatment can be delivered just as if the patient were actually present, the vibrations in the form of healing thoughts proceeding from the Telepathic Apparatus of the operator and reaching the patient over any distance, there producing their constructive results.

This method of absent treatments is the one generally used and most widely known. Yet while it is a good method, it exploits only half of the possibilities open to those whose interest is broad enough to include the Source as well as the Effects of Mental Power.



Mind alone is a battery whose strength diminishes with use. But Mind connected with the Dynamo of Universal Life Energy is a battery whose power is increased the more it is drawn upon. Therefore by combining the mental and magnetic treatments the operator is able to accomplish far more, and do it much quicker, than if he uses the mental treatment only. Such a combination can be effected in the following manner:

Take some material object which will serve as a substitute for the absent patient, preferably a pillow. With this seat yourself comfortably in a chair, relax, enter into Silence and make the Mental Contact with Universal Life Energy. Then, when you feel the Force flowing through you, direct it with the following mental activity into the pillow:

Holding the pillow on your knees, grasp it at one end so that a corner projects like the head of an individual, with your hands disposed below it as if resting on a human neck and shoulders in the usual way. Then think very strongly of the patient whom you wish to treat, but do not think of him as absent. Think of him as being right there under your hands. Imagine the pillow which represents him to be actually his physical self, a living presence of flesh and blood and sinews. The more vivid you are able to make this concept the more completely you



will succeed in dissolving the identity of the pillow into the thought image of which it is the nucleus, and the better will be the treatment. Then proceed exactly as if you were treating a present patient.

The results of this process will be as follows: The invisible mental line which you first established by your thought of the patient will form a connecting link between him and the mental image of him which you have invested the pillow in your hands. Over that mental line will flow not only the vibrations of Universal Life Energy, but also all the different vibrations peculiar to the physical as well as the mental constitution of the patient. He will literally pour himself across Space, spilling into that mental image of himself represented by the pillow just as electricity spills into a light bulb.

But as each corresponding center of vibrations is established in the mental image, that center retains its direct connection with the original part instead of using the one communicating channel over which it first came. In other words, that first magnetic line splits and multiplies into millions of separate lines, everyone with its own distinctive rate of vibration as determined by the particular organ or center from which it emanated. Thus between the mental image represented by the pillow and the distant patient himself grow up numberless mental lines, so that to all in-



tents and purposes the image becomes really an extension of the individual, a living personality differing from its source only in that it is not encased in flesh and blood.

Therefore you have actually under your hands, not a pillow, but the patient himeslf. The pillow is simply a material object whose purpose is to help you build around it and to offer the resistance necessary to stimulate your sensory nerves.

Now when you pour the Healing Force into that pillow, you really pour It directly into your patient, because each of those millions of connecting lines acts as an open channel carrying It to him direct. You are no longer restricted to one mental link between him and you, as is the case when mental healing alone is used, but you are treating him across Space just as richly and fully as if you were in immediate physical contact with him. In this way you can treat at any distance, with results that will surpass your greatest expectations.

Not only are such combined mental and magnetic treatments just as effective as present ones, but they possess one decided advantage that makes them in a way even better. There is no necessity, when treating across distance, to use part of the Healing Power of Universal Life Energy to protect yourself. The negative vibrations of your patient, while sufficiently strong to be represented and to



form a communicating channel between him and your present mental image of him, are not strong enough to invade your own field of healthy vibrations. Therefore, instead of employing some of the current of Healing Force to shield yourself, you can pour the full amount of Physical and Mental Power at your command into him. The destructive influence of the trouble you are trying to eliminate from him is reduced to a minimum, while the constructive energy you are able to bring to bear to counteract it is increased to the maximum.

In another respect also such absent treatments tend to have the advantage over present ones, due to the fact that you cannot see your patient. Very often, especially in acute cases, the sight of suffering and physical anguish so impresses a sensitive healer that he unconsciously begins to dread the trouble he is supposed to overcome. The moment he entertains Fear of the trouble he makes a reality of it, thus cancelling the very basis on which the whole treatment is conditioned. The evil he is trying to eliminate must become unreal to him before he can treat it, to say nothing of correcting it altogether.

But in treating an absent patient through a mental image of him as represented in a pillow, all the visible evidence of the negative that afflicts him is avoided. Physical agony and suffering does not and cannot impress the healer,



no matter how sensitive he may be. This, together with the absence of any necessity for protecting yourself, gives the combined mental and magnetic treatments just so much more of a positive margin over the same treatments delivered to a present patient.

All that has been said so far has been of a specific nature, dealing with instances where Negative present in all Mankind has come to a head and broken out into physical manifestation in some. Yet if it is necessary to protect yourself against the destructive influence of one individual in whom the negative is more pronounced, it would seem as if there was a real need to protect yourself against the lesser but more constant negative vibrations emanating from all people among whom you live. This is in fact the case.

Every individual is continually bombarded by all kinds of thought vibrations proceeding from those with whom he comes in contact. This is particularly true when a certain number of people are gathered together. None may be conscious of those mental intrusions, yet each one is to a certain degree effected by the different thoughts coming from the Telepathic Apparatuses of the rest and each one affects the others with the thoughts sent out by him. A distinct mental tone tends to emerge, the average of all the thought vibrations contributing to it. These thought



vibrations, penetrating through the Pituitary Body to the Solar Plexus of the individual, produce there an impression on the Subconscionsness. If they are of a high quality, coming from people of a high thinking type, that impression will be a constructive one. If, on the contrary, they emanate from a lower mental type, they are seeds of evil weeds that will some day grow out and cause you considerable trouble.

The general level and quality of thought among crowds is usually not high. Therefore it is advisable, when in the vicinity of people whose thought is of rather dubious quality to you, to take measures to protect yourself.

Make the contact with Universal Life Energy and then know that its positive radio-activity is an invulnerable barrier to negative thought vibrations of any kind. Build a sheltering wall of constructive Life Force through which no destructive mental intruders can penetrate into your Subconsciousness. Open yourself to that protecting Power and pass serenely, unscathed, through whatever evil fogs of thought beset your path.

By all means do not fear, in establishing that mental self-protection, that it will not work. To admit Fear is to prevent it from working. Universal Life Energy is impelled by Its own Laws to perform Its function strictly in accordance with those Laws, regardless of any human in-



terference. You have the choice only of opening yourself to It by attuning yourself to the same impersonal Laws, or of closing yourself against It by opposition to those Laws.

Fear is the enemy who cuts you off from contact with that Power. You are like a light bulb set amidst encroaching shadows of evil which drift down from every side. A long as you remain open to the Current of Universal Life Energy, so that it glows into positive expression through you, those shadows can never invade your life. But when you let dread of them contract your nerve wires and break the connection, they throng ever more closely on the heels of the receding radiance, until finally they close in darkness over the last fading glimmer.

When the shadows are deepest, your light should shine most strongly and constantly. Epidemics which sweep through the ranks of Mankind periodically gain their momentum from the terror that heralds their approach. Yet those who are able to retain their balance, to remain cool, calm and collected during these crises, are also able to retain their own health as well as to restore the health of their less fortunate fellow beings. Use the same method of self-protection, during these times, that you use in treating any cases of contagious diseases, and you will have no need to worry.

One development consequent upon combined mental



and magnetic treatments may alarm you if you do not know its cause. This is, that after a marked improvement at first the condition you are treating will seem suddenly to grow much worse. Yet this is so only in appearance. As a matter of fact, this development is direct evidence that the trouble itself is being successfully eliminated. The mental treatment, combined with Universal Life Energy, has penetrated and broken up the negative crust within, stirring it up as one might stir up filth that has settled to the bottom of a pool. It is pushing that inner evil to the surface in the process of elimination, so that while it is more acutely in evidence superficially, this is only because it is being correspondingly cleared up fundamentally.

Such a phase of the mental treatments is called Mental Chemicalization. It is on the Mental Plane precisely what Magnetic Chemicalization is on the Physical one. It is also the test period for the healer himself, because at that moment the battle reaches its crisis and demands the utmost exertion of mental forces in order to win the victory.

Therefore do not be alarmed. You have reached the point where you have pricked the negative into the open and have it fighting desperately for its existence, just as anything will fight when cornered. If you let yourself be influenced, if you weaken and lose the firm, cool control of



the situation that your knowledge should give you, then you court failure. It is never a kindness to have mercy on something destructive, especially at the expense of its victim, and to let the evil live is to let your patient die by just that much. The negative has to be destroyed. If the patient suffers a little during the process it is for his own good. Therefore it would be foolish to inflict that suffering and then fail to attain the object for which it was imposed, particularly when the goal is within reach.

Remain firm during that period of Chemicalization, without fear and confident of Success, and you will inevitably prevail in e x p e l l i n g the negative condition. Whether the trouble is a disease, an obsession, or any other form of disharmony, it will vanish eventually into its native nothingness, leaving the individual entirely sound, clean and healthy in every respect.



EXERCISES

Practice Relaxation, Silence and the continual contact with Universal Life Energy as the usual necessary steps leading to the new Exercise for this week, called INVIGORATION.

INVIGORATION is accomplished as follows: During the Silence, as soon as you feel the contact well established and the Force flowing strongly, concentrate your Mind on It as Energy. Perceive It vividly as the quick and living current which forms the life of all things, the unseen Power whose touch transmutes inert Matter into something moving, sentient, able to act, achieve and create. Realize that without It your physical mechanism would be unable to stir, that sight, sound, vision, thought and all would fade like a waning ember into impenetrable night.

Then see your relation to this energizing Power. Understand that you are a single unit continually bathed in It as in an ocean, and that you are drinking It in through a certain especially adapted point of contact in your brain known to you as the Pituitary Body, or Telepathic Apparatus. Think of that tiny ductless gland as the mouth which feeds your whole Body, pouring into brain, heart, trunk and limbs the vital fluid which glows forth through them as thoughts and activities. Know that the strength



and degree of every move made depends ultimately on how well your Pituitary Body functions, because the secretions it puts forth, manufactured out of the Life Force it takes in, stimulate your brain first and through the brain your entire system. It is the switch through which the current of your life pours in, strong and bright or weakly dim, according to how well you contact It.

Therefore be concerned to contact It well. Open yourself to an abundant flow. You will feel invigorated, buoyant and at the same time rested. Your thoughts will become clearer, your thinking more direct and assured, your actions prompt and decisive. Remember, you are contacting Energy, which demands expression in motion, and which will not be content to dissipate itself in dreams. If the connection between thought and act has been more vague than it should have been before, it will become clear and strong now. All blurred edges will be trimmed away; ideas will be living things to be done instead of misty pictures to be admired.

The benefit of this Exercise is most pronounced when you are mentally tired. That fatigue is caused by congestion of vibrations in the Pituitary Body and the front lobes of the brain. Your receiving apparatus is clogged so that you can neither send out nor receive thought vibrations properly, and is unable to coordinate them for clear think-



ing. The dispersion of this congested field can be helped if, in addition to the mental Exercises, you also direct the Force to it through your hands. Place your finger tips lightly touching at the center of the forehead where the Pituitary Body is located, hold them there until the Magnetic Contact is well established, then move them with a brushing motion, slowly and gently, towards the temples on each side. Continue in this way until in a few minutes you feel that the pressure is relieved.



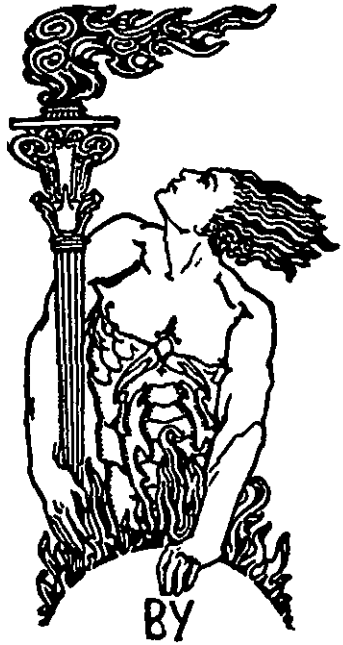
QUESTIONS

1. What significant change is now taking place in the diagnosis and treatment of diseases?
2. What is the relation of Mind to the material Body?
3. How can physical disharmonies of any sort be eliminated?
4. Whta is the danger of entertining unkind or destructive thoughts?
5. How are physical troubles classified in relation to Mind?
6. What is the chief obstacle to overcome in healing all troubles?
7. What is the treatment whose application in various ways is most effective in correcting ill health?
8. Describe briefly the principle of mental diagnosis of diseases.
9. Can Will Power, in the form of Suggestion or any other way, cure diseases permanently?
10. In what respects are absent treatments superior to present ones?
11. What does mental self-protection accomplish for the individual?
12. What is Mental Chemicalization?

LESSON EIGHTEEN

"KNOW THYSELF AND THOU SHALT KNOW ALL"

SCIENCE OF BEING



BY

EUGENE FERSEN

COPYRIGHT 1927
By Eugene Fersen

ALL RIGHTS RESERVED

PRINTED IN THE U. S. A.

SCIENCE  *of* BEING

ANSWERS TO LESSON SEVENTEEN

1. The significant change now taking place in the diagnosis and treatment of human ills is:

 The shifting of attention from the Plane of Physical Effects to the Mental Plane of Causes.

2. The relation of Mind to the Material Body is:

 That Mind governs the Body completely, the Physical Self being merely the aggregate of vibrations emanating from Mind.

3. Physical disharmonies of any sort can be eliminated: By eliminating the mental cause which is the source of the disharmonious vibrations.

4. The danger of entertaining unkind or destructive thoughts is:

 That such negative thoughts planted in the Subconsciousness of their author not only corrupt first his own system by the disharmonious vibrations they send forth, but those vibrations, governed by the Law of Vibrations, are bound to fall back greatly augmented on their point of origin, thus multiplying there the evil of which they are the product.

5. Physical troubles are classified in relation to Mind: As those originating directly in the Mind of the individual, and those penetrating from outside because

Copyright 1927
Eugene Fersen



the Body lacked the normal vitality to repel them.

6. The chief obstacle to overcome in healing all troubles is:
 Fear.
7. The treatment whose application in various ways is most effective in correcting ill health is:
 The combined mental and magnetic treatment, consisting in the use of Mind Force to aid the work of Universal Life Energy.
8. The principle of mental diagnosis of diseases is:
 The use of Universal Life Energy to sensitize the perceptive faculties of the operator, so that he is able consciously to register and analyze the negative vibrations proceeding from his patient, and the discovery through this method not only of the physical symptoms, but of the Subconscious mental Causes of which they are the Effects.
9. Will Power, in the form of Suggestion or any other way:
 Can never cure diseases, although for the time it may suppress the evidence of them.
10. Absent treatments are superior to present ones:
 In that the operator does not need to employ part of the Healing Power to protect himself, but can pour the entire amount into his patient, and also in that



the operator is undisturbed in his work by the sight of physical suffering and anguish.

11. Mental self-protection:
Wards off all outside negative influences, such as destructive thought vibrations of other people, which might otherwise intrude into one's Mental Field and there become a source of trouble to him.

12. Mental Chemicalization is:
Expulsion to the surface of the negative bedded deep within the Subconsciousness of the individual, and the consequent accentuation of the trouble until the worst has been eliminated.

Dear Friend:

This final lesson in the series on Mind will give you access to the highest plane of knowledge. It will bring you out of the subterranean wilderness of Subconsciousness, up through the narrow shaft of Consciousness and into the undimmed, horizonless glory of Superconsciousness, that pure beam piercing into the boundless Source of All Knowledge, Cosmic Mind.

You will be shown the opening in your Chamber of Consciousness which connects you with that clear Fount of Wisdom, and which is called Inspiration. How to develop that channel of Inspiration, how to make it serve

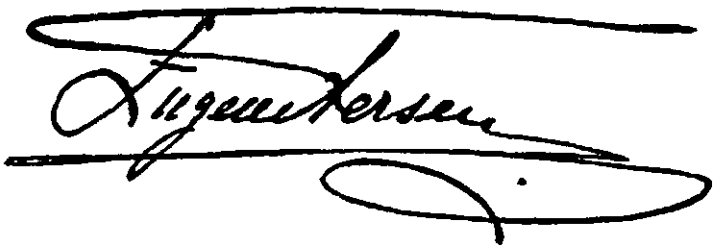


you and bring you at will all the Knowledge you desire, will be explained in detail. The real nature and function of Intuition, that marvelous Sixth Sense you possess, will be revealed, together with how to cultivate it and use it practically in your daily life.

Finally, the ultimate factor which gives to all knowledge, all qualities, the value they possess will be brought forth. One instant of time, and that instant NOW, is one of the most precious and least appreciated of all the gifts with which Mankind is endowed. Few people have ever recognized the tremendous import of this ever present NOW, few have learned to regard it objectively as something capable of direction and study. Yet it is a messenger laden with greater treasures, greater happiness and greater woe than can ever be estimated until the end of Time.

An understanding of these points, and practical application of them, will carry you automatically to that summit of mental achievement toward which every ambition tends—Mental Mastery, the possession of a Master Mind.

Cordially yours,



SCIENCE  of BEING

LESSON EIGHTEEN

ABOVE the human mind, dominating it and forming the Source from which it derives its existence, stands Universal Intelligence, or Cosmic Mind. This, the Second of the Four Main Aspects of Universal Life Energy, is the beginning and the end of everything that has been, is, or ever will be known. It includes all Knowledge, not only of the Past and Present, but of the Future also. It is Limitless, unrestricted by any bounds. It is Perfect, free from the taint of any wrong or error.

The human Mind, on the contrary, is like a garden patch staked out in the middle of this virgin mental soil, limited by the bounds of human experience, ignorant of all except what grows within its borders and foul with the evil drainage from uncounted centuries of corruption by Mankind. This dubious garden patch is called Subconsciousness, and from it people live almost exclusively, raking up the morsels which they feed to their Conscious Selves and in return planting there indiscriminately the seeds of impressions which come to them in their stale fare.

Yet all great ideas, all inventions and discoveries which add to the sum of human knowledge, come invariably from Cosmic Mind, never from Subconsciousness. Everything within the present limits of Subconsciousness is second-



hand; it has been chewed up and digested and modified countless times since its discoverer first put it there; but it has never shoved back the bounds of human experience any further, opening up new territory for exploitation. Something new can come only from the untapped resources of Universal Intelligence, and when it does come it is fresh, perfect and unspoiled, because imperfection cannot exist above the level of the Conscious Self which manufactures it out of perversions of True Knowledge. These new additions are prized above all things on Earth; they bring Fame to poet, artist, musician, scientist and all alike; they are called—Creative Thought.

The reason so few people are channels for Creative Thought is not because they lack genius or some rarely bestowed talent, but because under ordinary conditions it is very difficult to contact consciously Universal Mind. Genius is not a peculiar quality imparted by the grace of God to specially favored individuals; it is a faculty knit into the mental and physical composition of every living being, undeveloped in most but present in all. It consists of the ability to contact Cosmic Mind and is called in its mental phase Inspiration. The physical organ through which Inspiration functions is located almost in the center of the brain, as was explained in Lesson Ten, and is known as the Pineal Gland.



The Pinetal Gland, therefore, is the seat of what is commonly termed Genius. That is to say, it is the skylight in the narrow chamber of Consciousness, opening out on the Superconscious Mind Ray which links you directly to Cosmic Mind. In contradistinction to the trap-door of Memory, through which you fish out the preserved knowledge in your Subconscious cellar, Inspiration gives you access to the fresh Supply of All Knowedge at its Source, wilthout the necessity for going through the tedious process of learning it. Learning is a function associated only with Subconsciousness; ideas derived from Superconsciousness are never extracted by learning, but pour down richly of their own volition.

The more strongly your Inspirational channel is developed, the more illustrious, fine and great will be the thoughts that come to you through it. So-called accidental discoveries, such as those made by renowned scientists, are not at all the fortuitous happenings they seem to be. They came as the inevitable result of a procedure by which the Law of Supply and Demand, which works instantaneously on the Mental Plane whenever it is given the opportunity, was successfully put into operation. The individual was eager to know a certain thing, creating the Demand; Superconsciousness held the answer, or Supply; the channel of Inspiration between the two was open and the



answer poured in. That individual may not have known that his Inspirational channel was so well developed, may not realize that he has ever done anything to develop it and may therefore attribute his sudden information to accident, but it was an "accident," very logically and certainly brought about by himself.

The discoveries made in this way are few and far between because they are seldom sought intelligently. Human beings as yet know very little about that marvelous mechanism of their Mind, whose mysteries are just beginning to unravel. The purpose of vital mental organs and centers has hitherto been obscure, and only now has that obscurity been dissolved in an understanding of how to handle properly the mental instruments which project, receive and control thought vibrations. "If you know, you can"; a clear comprehension of the purely mechanical aspect of thinking will enable you to contact Universal Intelligence whenever you need or desire it. The process by which this contact is established is as follows:

When you enter into Silence and make the Contact with Universal Life Energy, think very strongly of the thing you want to know. Concentrate your Mind on it, so that the problem demanding solution occupies all your thought and attention and glows forth in commanding relief above everything else. Make it the focal point of



your keen interest and desire to receive the information you lack, and invst it with intense life through the realization "I need that answer. Therefore because of the Law of Supply and Demand I shall, with the help of the Great Law, have it."

Then lapse into a still and receptive attitude. Be serenely passive, relaxed and open to the silent with Superconsciousness that your initial activity has established. Above all do not let Will Power intrude upon that confident Stillness, and do not admit any annoying doubts or fears. Only through complete relaxation, absolute harmony with the Perfect part of your mental nature, can proper results be obtained; and complete relaxation cannot exist unless all personal influences are utterly in abeyance.

If that procedure has been effectively carried out, you will presently discover that the very knowledge you seek has come to you. The vacuum in your Consciousness has been filled. The answer may burst suddenly in a blaze of light, or it may glimmer dimly forth at first. Nurse that faint glimmer, help it along mentally, until soon it burns ever more strongly and clearly.

Moreover, do not be discouraged if you fail to get results at once. Perfect relaxation is not an easy thing to achieve. In fact, it is the most difficult of any mental feats, because Mind is volatile, quick, full of aggressive activity.



Contact with Universal Intelligence requires stillness, passivity, a rich sense of harmony within. Yet as in everything else, practice and training will develop the necessary poise in the most unruly intellect, and no price you can pay in patience and perseverance is too great if it brings you the power to contact at will the Eternal Source of All Knowledge.

Your conscious perception of what comes to you from Cosmic Mind through Inspiration is known as Intuition. It is that marvelous quality you possess which enables you to sense things and know them to be so without going through the ordinary process of reasoning. Your Reason is part of the filtering system between your Consciousness and your Subconsciousness. It strains the good out of what you get from that tainted Subconscious supply and retains it for Conscious use. But the Knowledge received from Superconsciousness is already pure; it does not need to be filtered; it is poured in fresh and sweet through the pipe line of Inspiration and the open tap of intuition.

Intuition is constantly functioning; it is the "still, small voice" within you which whispers what to do and what not to do; but unfortunately its advice is delivered in a tone which is below the level of ordinary perception. Few people listen to it, and fewer still heed its promptings,



because their Reason clamorously refuses to acknowledge as right any information received through Intuition.

Reason is the very valuable faculty on which we are accustomed to rely, because we live for the most part on what Reason strains out of Subconsciousness. Yet Reason in its present state of development is very limited. It deals only with that which is already known, for which there is a precedent somewhere in human experience, and abhors originality. All that comes from outside the scope of Reason is beyond its control; Reason cannot get a leverage on it and therefore rejects it. Yet reason itself is prone to error, often wrong and often balked in its task.

Where Reason fails, Intuition succeeds. The solution which your Rational Mind could not patch up out of the problem submitted to it exists rounded and complete in your Superconsciousness and will drop neatly into place if you let it. Promote cooperation between Reason and Intuition and you will have a combination that is infallible. Learn to know the so-called "hunch" when you meet it; distinguish it from the subtle imitations your Reason may try to palm off through your too impatient desire; give it the place it merits in your esteem. The more you develop harmonious relations between your Reason and your Intuition, the more abundantly you will realize that dominant feature of a Master Mind which is called the "Sixth Sense,"



and toward which Evolution is gradually lifting Humanity.

One attribute of Intuition which emphasizes sharply its contrast to Reason is Promptness. Delay and Indecision are associated with the cumbersome rational processes; what comes from Intuition is instantaneous. Time is an element which does not enter into it, because there is no laborious progress from one conclusion to another, from one fact to a suggested hypothesis which may be wrong and throw you off the track. The information and ideas are delivered complete, fully formed and ready for use.

This attribute is one that should be, but often is not, woven by ties of action throughout the whole scheme of your mental and physical existence. Too often people allow themselves to become snarled in a web of fruitless reasoninfg, hopeless of finding a solution but still aimlessly plucking at the tangled strands. Or they swerve aside from the task in hand to dissipate time and energy in building air castles of easy fancy, instead of laying the practical bricks which will make that fancy a fact.

NOW, the Eternal and Ever Present NOW, is one precious asset which you cannot afford to squander. This instant, capped with action, becomes a coin of real achievement; this instant, sunk in inertia, is a loss that can never be redeemed.



You live only once, and that once is NOW. All your energies, all your qualities, all your faculties, are centered upon the present moment. It is the vital point, the single hot and living tip through which you can burn your whole life record of constructive activity into the stubborn fabric of Mankind. The Past is gone, you cannot alter it; the Future is to come, you cannot touch it. But the Present is HERE, and you can score strong and deep in it.

Except in mortal existence there is no Past and Future. Divisions of Time varnish outside of limited and divided Minds. Eternity knows no such division; it includes both Past and Future and is itself simply an eternal and ever present NOW. But the human Mind, inside the self-erected mental walls which made it human, cannot comprehend Eternity and has enslaved itself to the very limitations which it fashioned. It possesses only the moment to tie to its lost heritage, and only through the proper appreciation and use of that moment can it win back something of what it has lost.

Yet how few people realize the value of that intense and living NOW in which their lives are packed! Some lag in the burned-out Past, indulging fond memories of what has been once but is no more, which is beyond their reach and out of their control. Their energies are wasted blowing on cold embers; the spark has fled far on before



and will not pause for wishes or regrets. Their one resource is to speed after it and use it while they may, yet they linger amid the melancholy ashes of recollections which can never warm them again.

Such individuals waste the only profit to be derived from the Past. They rake together their little hoard of experiences, treasure and fondle them one by one, but never put them to the practical use for which they are intended. Experiences are lessons to teach you how to do better, fuel to be poured on the flame of the living NOW so that it blazes ever more fiercely and effectively. But fuel which is never burned is no fuel at all.

The most dreary and unhappy Past is a mine rich in tinder for those who are wise enough to perceive and courageous enough to take advantage of it. The greater an error the more vividly it stands out; a Past sown thick with troubles, limitations and disharmonies, is a Past crammed in invaluable lessons for the Present. Each mistake carved in bold relief there points a flaw to be avoided, a lack in your character to be corrected.

But mourning over the mistake will repair neither it nor its cause. Once made, it cannot be unmade. It can only be counterbalanced. Idle regrets and self-pity are futile; they merely blind you to the profit you might have and beguile you into wasting more of the precious, fleet-



ing Present. Action is the only corrective for error. Your errors are meant to serve you; make them do it. Refuse to sympathize with yourself over them; analyze them critically and intelligently for the cause in yourself, and thus make them stepping stones to Strength and Efficiency.

A happy and successful Past, on the other hand, is a stimulus, especially if your present condition is in contrast to it. What you have done once you can do again, but you must DO it. Face yourself squarely, pick out the weak and rotten spots that have invaded your character, and set actively about getting rid of them.

In either event, the key to the situation is immediate ACTION. Wishing alone never achieves anything. You have three tools at your disposal—an inexhaustible supply of Energy, a certain array of Faculties, and the single incandescent point on which they all converge, NOW. That point in action expresses all the rest. Idle, it represses them.

Those who live in the Future, on the contrary, are in an even worse plight than those who live in the Past. The latter have at least something substantial, even if they never use it, but the former have nothing at all. They dwell in a world of dreams, a pleasant fiction piled up out of the silent vacancies of their Imagination and planted like a mirage in the midst of an arid desert of daily routine.



That soft world is far more enticing than the harsh monotony of the real one; it is the drowsy lotus-land of weak desire, steeped in enchantment, murmurous with promise, bright with easy adventure and costing never a pang in effort expended or enterprise shattered on the rocks of failure.

But to succumb to its charm is to transfer all your energies gradually into its non-existent bounds. This is the living death. Asylums are full of people in whom this process has been carried to the ultimate extreme; they are mere clods of flesh from which all conscious life has been drained away. They are immune to pain, indifferent to food, blind to their surrounding and incapable of voluntary motion. Needles thrust into their flesh produce no reaction; sustenance is forced into them through a tube to keep them from starving; their eyes are blank and lusterless. Their bodies exist here, but they are elsewhere.

Such people are simply at the far end of a road partially traversed by many. "Where your treasure is, there will your heart be also." If your heart is in the activities of your present everyday life, if you see the joy of achievement and the virgin gold of opportunities, if your eye sparkles with the wine of Strength and Power, your treasure will also be in the deeds you do and the things you accomplish. But if your heart sits in a remote and airy



palace of dreams, withdrawn alike from the challenges of actual life and the constructive activities they inspire, your treasure then will be in the unsubstantial coin of dreams and naturally of no material value to you.

To live in the Future is to pour your energies into a bottomless pit which they can never fill. The precious stream plunges down out of sight, out of sound, forever lost in the Unknown which swallows it. There is no more absolute waste of power than to hurl it to utter extinction in a Future which does not exist. Dream? —Yes. But know it for what it is, a dream, a shadow. Never let it fasten upon you the illusion of reality and drink up the only energies which could ever make it real in fact.

Great men are all dreamers of dreams, but never that alone. They are supremely men of action, ready to let their imagination shadow forth that which would be desirable only that they may use the shadow as a pattern on which to erect a fact. What points their life is not their Past, flaring like the luminous tail of a comet far behind over their course, nor the Future, that dark illimitable void into which they cleave a fiery way, but the brilliant, flaming, vital NOW, boring magnificently onward, concerned only with itself and heedless of all that of which it is the focus.

Very often the criticism is made, especially of this



present age and its prominent representatives, that it is too practical. No loftier commendation could ever be bestowed upon any era or any individual. To be practical means to put a thing into practice, to apply it, to rear a dream in Matter. It means to do, to achieve, to construct, which is after all the only thing that counts in human life. That is the purpose for which we are here, the reason why we are fitted together and armed with the living spark of the immediate NOW. When we are practical we use that spark, we fulfill that purpose. When we ignore it we slight the Power Who created us, all prayers and protestations to the contrary.

Therefore NOW is the single instant on which all things from every plane converge. It is the soaring pinnacle from which you survey Past and Future, to which you gather the far-flung threads that you weave into the fabric of your mortal career. The Past is not useless; each cause sown there is still connected with an Effect to come. The Future is not a void alone; it holds the Dreams from which those Effects will be born. But the myriad threads which unite the two through the eye of one needle, yourself, and those threads you can see and control. This is the Law of Cause and Effect whose operation, consciously or unconsciously directed, governs every life, but on which



conscious, intelligent direction can be exercised only through the EVER PRESENT NOW.

Success in any case is a product of the living NOW. The opportunities from which great things are unraveled flash by within reach only within the limits of that moving instant. Grasped and traced to their conclusions they sum up the margin that differentiates the great from the little men. Allowed to slip past untouched, they spell failure and barren mediocrity.

Just as you brand your character on life through that one sliding instant, NOW, so life in its turn spurts through to have its effect on your character. Strength, Efficiency and Self-Reliance are developed by adversity, by meeting and conquering the obstacles that oppose your progress. NOW is the only time you can reconstruct and fortify your inner qualities, because NOW is the one and only opening through which you can reach them. They do not exist anywhere else, Past or Future. They exist only in you, and you exist only NOW.

Therefore pour all that you are, all your energies, all your thoughts, all your activities, into the present scorching instant. Make NOW the vital nucleus about which everything else is erected, to which everything else tends. Estimate all values first in terms of NOW, be alert to perceive and grasp your advantage NOW, and above all de-



cline to waste time and effort in worry about the Future. The Future will take care of itself because of the Law of Cause and Effect; you cannot reach it and you cannot modify it except through the present living NOW.

The Four Square of LIFE, MIND, TRUTH and LOVE on which these Lessons are based form the Frame in which the blazing lens of NOW is encased. If it is lop-sided, short cornered and faulty, the ray of yourself projected through it will be lop-sided, short cornered and faulty. You will have a correspondingly perverted and untrue perception of whatever you undertake, and you will perform it in the same way.

But fundamentally your Consciousness is laid true and perfect to the Four Square. The reason it appears imperfect is because of the successive films of evil, limitations and false concepts which you have permitted to collect like grime upon it. Bring your activities to the test of the Four Square, detect and wash away one by one those clogging films of grubby fallacies, until gradually, as each wrong concept is sluiced off, the perfect proportions of the Eternal Reality back of them begin to emerge. Then will the poise and equilibrium that is the keystone of Power return to you. You will look with clean eyes, confident and sure, upon a new World of Freedom, Strength, Beauty and Success.



Finally, the question has often been asked, "What shall I do to become a Master Mind? How can I equip myself to solve all problems, to perceive true motives, to understand and appreciate rightly everything and everybody? How can I attain Wisdom, that topmost peak of mental accomplishments?"

The answer to that query lies in yourself. Infinite Power, an inexhaustible Supply, is at your command. All Wisdom, a Limitless and Perfect Store, awaits your touch. Within you are the doors through which to unite them into expression. Open those doors.

These Lessons have revealed to you this Power, Its nature and how to contact It. The Lessons on Mental Force have furnished you with a complete understanding of the machanics of Mind, its departments, their contents, their relations one with another and with you.

Study those Lessons. What they teach is clear and simple and requires no special training to assimilate and digest them. They are adapted particularly to meet the general public demand for plain, practical information which will enable the great untrained majority to obtain higher and greater knowledge.

Then PUT THEM INTO PRACTICE. What you have been told is useful only as you use it. The knowledge imparted here is the most advanced of all knowledge, but



those who never try it out will never realize that. Yet the results obtained by students who really assimilate it and put it into practical application NOW are beyond the most convincing descriptions.

EXERCISES

Continue to practice the Star Exercise morning and evening, together with Relaxation, Silence and continual Contact with Universal Life Energy. Then, as the new Exercise for this week, train your aroused faculties for efficient contact with Cosmic Mind through the process known as POLARIZATION.

POLARIZATION means to adjust and integrate yourself with something, to attune yourself to such sympathetic accord with it, that it becomes one with you. Your separate identity melts away like ice in water, and the two become single, undivided.

In this instance you are to polarize yourself to Universal Mind, the Harmonious and perfect Source of all Knowledge. The way to proceed is as follows:

During the Silence, after you have made the contact with Universal Life Energy and feel the Force flowing strongly, concentrate your thought upon Universal Mind. Perceive that Mind in Its real Aspect, not as limited, perhaps restricted to this planet and to human beings like the



atmosphere, but as Unlimited, Universal. Realize that It impregnates all Space, all Matter, a limpid Essence in which the stars swim and Infinity reposes Appreciate the unbroken Harmony, the faultless unity of All Knowledge, which comprises that Essence. Reflect It in your own Mind as a clear pool might reflect a pure, fresh sky. Lose yourself in It, understand your Oneness with It and your ready, sensitive response to Its clear melody of silent perfection.

The more you attune yourself in this way to Cosmic Mind, the more strongly your Pineal Gland, the wireless station of your Superconsciousness, will function. It will catch the vibrations from Above and pour them in increasing abundance into your brain. Presently, having sensitized your brain sufficiently through the flood of Universal Life Energy with which you are constantly drenching it, you will become aware of those higher mental vibrations which ordinarily are too subtle to be registered consciously.

Take care not to force yourself into the desired condition by Will Power. The temptation is great, but to yield to it is fatal to your purpose. All the Energy possible must be directed into that Exercise, but it must be directed through the Law which governs Universal Power, not by Will Power which opposes It.

The benefit of this Exercise is not restricted to your



Inspirational channel alone.. It spreads through all associated activities, primarily Intuition. Not only is that invaluable Faculty developed, but it is coordinated with its most active enemy, Reason. The two are brought into a harmonious relation which brings forth in you that "Sixth Sense" previously mentioned, and which is the goal toward which Humanity is struggling in its Evolutionary process.

QUESTIONS

1. What is Cosmic Mind?
2. How is it distinguished from Subconsciousness?
3. Through what channels, mental and physical, is it connected with Consciousness?
4. What Law is put into operation in contacting Cosmic Mind?
5. What condition must prevail in the individual to enable that Law to function?
6. What is Intuition?
7. Define its relation to Reason.
8. What is the EVER PRESENT NOW?
9. Of what value is the Past?
10. What is the danger of the Future?
11. How are Power and Greatness achieved?
12. How is it possible to become a MASTER MIND?